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METRO TAKES A MULTI-FACETED LOOK AT THE SEAL-HUNT DEBATE
PAGE 22-23

A vet in need is a vet indeed

Man's apparent suicide believed to be the fourth in the Canadian Forces since last week; Veterans group says these numbers may only hint at larger problem PAGE 20

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VYING FOR THE PUCK

Shane Doan of the Phoenix Coyotes battles for the puck with Joe Colborne during the game in Calgary on Wednesday. The Flames won 4-1. For the full story, go to metronews.ca.

LARRY MACDOUGAL/THE CANADIAN PRESS

HPV vaccine for boys to be unveiled by the province

Announcement. Schools and clinics to provide cancer-prevention program

JEREMY NOLAIS
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Alberta health officials are set to announce Thursday a school and clinic-based vaccination program for boys against the human papillomavirus (HPV), one that mimics a controversial offering for young girls in the province, Metro has learned.

The program will be only the second of its kind in Canada, following a similar announcement in Prince Edward Island. However, other provinces have said they're considering a similar vaccination against the virus, which is widely linked to cervical cancer.

For boys, the virus can also lead to other forms of cancer, pro-vaccine advocates say.

An announcement to expand an unspecified immunization program is planned in Edmonton for Thursday morning, but provincial health officials were tight-lipped on specifics Wednesday.

Numerous sources, however, told Metro the boys program would be announced in the wake of national discussions about its effectiveness.

Rose Penlington, a Calgary survivor of cervical cancer, welcomed word of the announcement. She herself claims to have contracted the virus from her ex-husband.

"I think it's good for both sexes," she said without hesitation. "All these girls think they're safe from HPV if they just get married, but it doesn't work that way."

Penlington contracted the virus at age 24, and said she had "full-blown cervical cancer" by age 37. Now, two decades later, lingering side-effects from her cancer bout have left her mostly housebound.

"It's awful," she said. "For me, it's all about preventing others from having to go through what I did."

It's believed the vaccination program will be offered in both public and Catholic schools as well as through public clinics. But 12 school boards nationwide, including the Calgary Catholic School District, initially banned the girls' Grade 5 Gardasil vaccine from its buildings when it was first announced in 2008.

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Getting about

Snow forces closures, detours

As Calgary continued to dig out from a heavy blanket of snow, officials announced Wednesday afternoon they were shutting two roadways until further notice.

Country Hills Boulevard between Metis Trail and Barlow Trail N.E. as well as 36th Street N.E. between 80th Avenue and Country Hills Boulevard were hit hard and were ordered closed.

As well, Calgary Transit continued to detour buses along routes 419 and 71 as roads remained slick and packed with heavy snow.

No. 419 buses were being detoured via Macleod Trail to Mission Road northbound and southbound. No. 71 buses, meanwhile, travelled along Taradale Drive, heading west on 80th Avenue N.E. to north on Saddletowne Circle. METRO

Third reading

MLAs urged to vote against labour bills

The president of AUPE is calling on MLAs to vote against bills 45 and 46, two proposed labour legislations. Bill 46 seeks to impose a wage settlement while Bill 45 would increase daily fines to $1 million per day for unions that strike illegally.

"They can vote to support the working people in their constituency and protect free speech, or they can vote for bad-faith bargaining tactics and the attack on free speech in bills 45 and 46," said AUPE president Guy Smith. METRO

Servants Anonymous executive director Marina Giacomin stands in her office, where salvaged toys are now being stored, after a pipe burst in another part of the charity organization's main office. ROBSON FLETCHER/METRO

Burst pipe floods Servants Anonymous

Damage. Pipe was above charity's boardroom, which had been converted into 'Santa's workshop'

ROBSON FLETCHER
robson.fletcher@metronews.ca

Hundreds of donated Christmas gifts for children were ruined when a pipe burst at the offices of a Calgary charitable organization a week and a half before they were to be handed out at an annual holiday gathering, according to its director.

"Insurance is going to help with this building … but they don't cover any of the donations, so now we're desperate," Servants Anonymous executive director Marina Giacomin said Wednesday as she surveyed the damage. "We've got 10 or 11 days until everybody comes. I don't know if we're going to have enough presents."

Servants Anonymous helps women who are involved in the sex trade, and victims of human trafficking or at risk of sexual exploitation, escape from their situations. It provides ongoing support as they transition to new phases in their lives.

Lena Hutton came through the program in 2000 and has been involved with the organization ever since.

"We have an extensive alumni community," she said. "We've been running for over 25 years — it's a pretty large community."

The annual Christmas gathering serves as a reunion for that community and brings some holiday cheer to them and their families, complete with Santa handing out gifts to the children.

"A lot of them … they don't have a lot of money to provide Christmas for their kids," Hutton said.

Giacomin said the organization is now scrambling to keep the tradition alive.

"We were looking for volunteers to come and help us wrap everything," she said. "Now, we're almost starting from scratch."

Giacomin said Servants Anonymous is now in need of new or "very, very gently used" toys to replace the "hundreds" that were lost, in addition to winter clothing for both children and adults.

She said donations can be dropped off at the organization's main office at 1008–14 St. S.E., which can also be contacted at 403-237-8477.

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Snow-route bans. Parking authority says Calgarians are getting the message

Calgary parking cops reportedly doled out some 600 tickets to parkers flouting the city's snow-route ban on Wednesday, but say compliance has been good.

The city's parking prohibition began at 9 a.m. so that snow crews could clear off some secondary roads.

"We're generally seeing compliance is actually at a fairly high level," said Miles Dyck, manger of parking enforcement at the Calgary Parking Authority. "Generally speaking, we're seeing Calgarians move their vehicles."

Dyck attributed the improved compliance to more awareness now that the program has entered its third year.

To boost awareness even further, the parking authority sent out 60,000 reminder letters to people living on snow routes.

He also suggested the ban's later start time, when compared to previous winter seasons, has been "significant" in cutting down the number of scofflaws reported.

"It fits into people's schedule better," he said. "People can get their vehicle taken care of before work or it gives them time to move their vehicle if they're taking transit."

Blue signs emblazoned with a snowflake highlight where snow routes are located. Snow-route parking bans can last up to 72 hours and offending motorists face a $40 fine.

BRYAN WEISMILLER/METRO

Calgary parking officials doled out more than 600 tickets to those contravening the city's snow-route parking ban, but said overall compliance improved. METRO FILE

Impaired driving

Charges laid in motorcycle crash

Calgary police have laid impaired driving charges in relation to a fatal motorcycle crash in September.

On Sept. 14, a motorcycle with two occupants travelling west on Oakfield Drive S.W. was struck by a Ford Taurus that police say failed to yield.

Both motorcyclists were thrown 15 metres and the 53-year-old passenger was pronounced dead on scene.

Police have charged Kelsey Lynn Tallman. METRO

Honey and Gibbs

Pooches among fire dept. grads

The Calgary fire department will celebrate its latest class of graduates, but this one has gone to the dogs.

More than 30 recruits will graduate at today's ceremony, held at the CFD's multi-agency training facility, including two fire dogs. Honey, who joined the CFD in 2012 but hasn't yet been to the graduation ceremony, and Gibbs, the latest fire sniffer, will both be awarded their firefighter badges at the event. METRO

Questions remain about how much money the Calgary Board of Education is spending out of its budget for the office of Chief Superintendent Naomi Johnson, seen here, on legal services and communications. METRO FILE

CBE sheds light on top official's budget

Financial secrecy. Critics continue to question role of pricey communications firm

JEREMY NOLAIS
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Calgary public school officials shed some light Wednesday on why the budget for its top official's office has nearly tripled in two years, but declined to offer information on its legal and communications spending despite a move by the organization's board chair to make the information public.

All told, the Calgary Board of Education budget for the office of Chief Supt. Naomi Johnson jumped to nearly $17 million in 2012-13, up from $5.7 million in 2010-11.

But a board spokesperson maintained in emails Wednesday that the jump was explained through "program changes and organizational restructuring."

As examples, a statement provided to Metro stated that areas like global learning, central area administrative staff and the lease for the organization's Education Centre are now included in the chief's budget and weren't previously.

But while the board provided dollar amounts suggesting the cost difference of those moves, it did not provide comparative data from years prior or for the current 2013-14 school year.

"We are not currently staffed to undertake the work that would be necessary to develop a complete analysis of the year-over-year changes," read the statement.

The organization has also remained silent amid repeated requests, including one made Wednesday, for a breakdown of its legal services and communications budgets. The requests were made after Metro first reported that the CBE has spent tens of thousands on a "high-stakes communications firm" called Navigator since last year, despite already employing 23 communications staff.

Board statements have indicated that the amount spent, which was included in its secretive legal services budget, falls under a "solicitor-client relationship" and, as such, will not be publicized.

Critics, however, were quick to criticize the move, noting board officials have repeatedly claimed they're spending every dollar possible in the classroom to address surging student enrolment, failing infrastructure and reports of classes crammed with 40 or more kids.

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Tell me the story of Everest," she said, a fervent smile sweeping across her face, creasing the corners of her eyes. "Tell me about this mountain that's stealing you away from me."
George and Ruth sat on the drawing room floor, laughing and tipsy, dinner growing cold on the table in the next room. Ruth was cross-legged opposite him, her gray skirt pulled tight across her knees. She picked up the single sheet of thick ivory paper from her lap and reread the invitation from the newly formed Mount Everest Committee again. "My husband, the world-famous explorer." Ruth held up her glass of wine and he reached out with his own, the crystal ringing in the lamplit room. She was fairly bursting with happiness.
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Calgary Hitmen defenceman Colby Harmsworth, centre, and left-winger Calder Brooks give a stuffed tiger to five-year-old Nate Starycki at the Alberta Children's Hospital on Wednesday morning. ROBSON FLETCHER/METRO

Putting a hit on hospitalized kids

Famous. This year's Teddy Bear Toss was featured in British newspapers and on late-night TV's Jimmy Kimmel Live

ROBSON FLETCHER
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Members of the Calgary Hitmen brought a little warmth on a cold morning to the Alberta Children's Hospital on Wednesday, delivering a portion of the tens of thousands of plush animals they helped collect from fans earlier in the week.

"I love kids, and I love to give toys away and do something nice for them," said Hitmen forward Pavel Padakin, who scored the goal on Monday that triggered hockey fans to hurl their donations onto the ice at the Scotiabank Saddledome as part of the team's 19th annual Teddy Bear Toss.

"It's just a really good thing to do for the kids and the kids are really happy," Padakin added. "Like, we can see the smiles on the faces, and it just makes you feel better and want to give more and more toys to them."

The Alberta Children's Hospital Foundation is just one of dozens of local charities and agencies to benefit from the donated bears, which numbered nearly 26,000 in this year's haul.

"Yes, we're very happy to receive monetary donations, but thoughtful gifts, like the Hitmen bringing these teddies, we love that too," said Liz Ballendine of the hospital foundation.

"There's nothing as important for a small child on a cold day when they're in the hospital to get something that someone thought about and has given just to them. It's really special."

By the numbers

25,921

The estimated number of teddy bears collected this year, up from 21,453 last year.

Alberta. Wildrose claim political interference in Redford tobacco lawsuit

Justice Minister Jonathan Denis
METRO FILE

Alberta's official Opposition says new documents suggest the Justice Department interfered in a request for information on a $10-billion tobacco lawsuit.

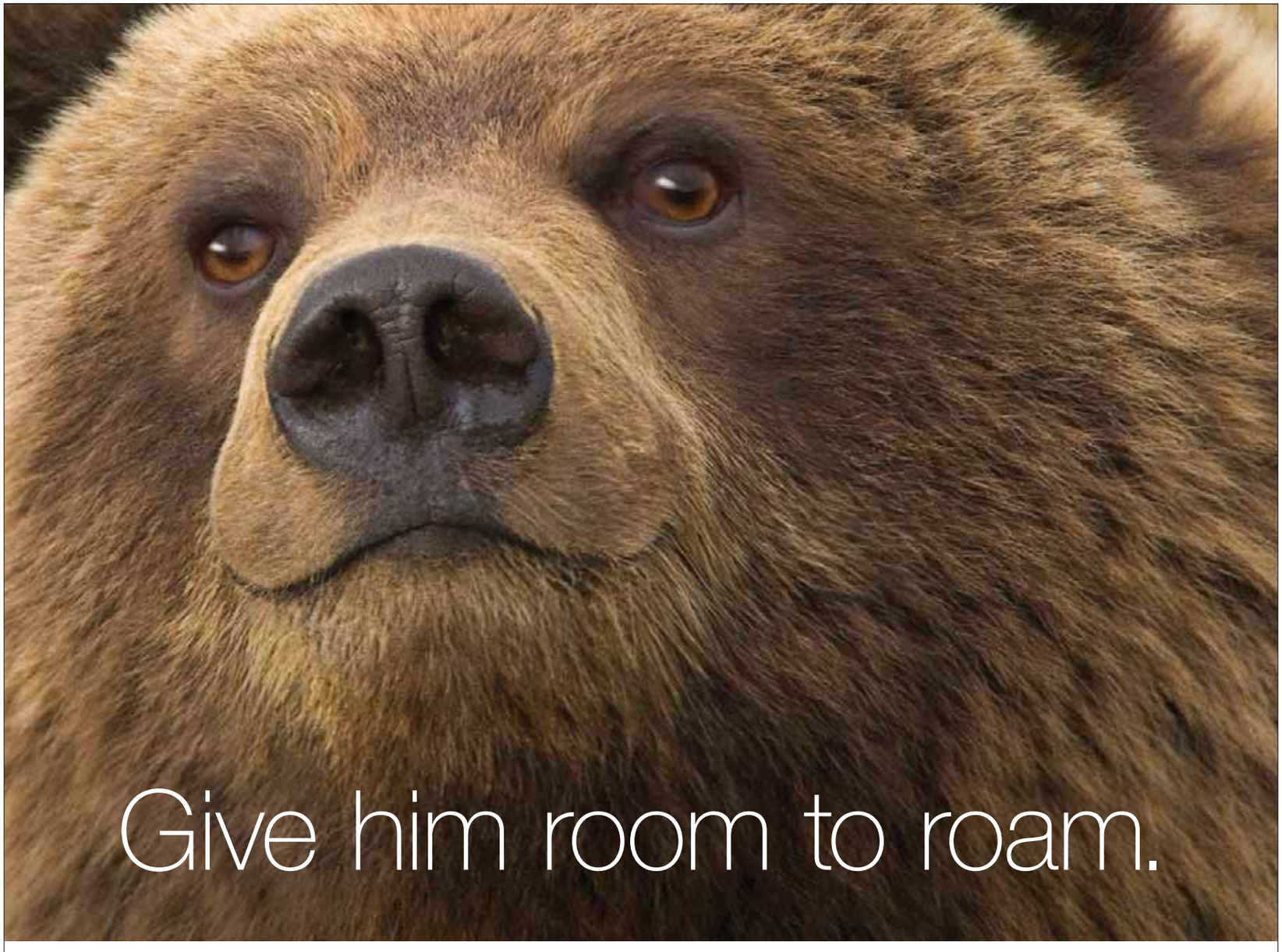
The Wildrose party has released a recent email from Alberta's freedom-of-information office asking for the justice minister's permission to release files to the Wildrose.

Jonathan Denis says that was a mistake and freedom-of-information officials don't need to ask for permission from the government to release documents.

Denis says he has followed up with staff to make that clear and also notes that his department did OK the Wildrose request.

The information is related to accusations that Premier Alison Redford broke ethics rules when she was justice minister by hiring a law firm that includes her former husband to fight the tobacco lawsuit on the province's behalf.

THE CANADIAN PRESS



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Mayor Naheed Nenshi speaks at Hotel Arts Wednesday at an event hosted by the Calgary Chamber of Commerce.
ROBSON FLETCHER/METRO

Nenshi pushes business-tax reform

City Status Report. Mayor offers annual update to Calgary's business community

ROBSON FLETCHER
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Calgary should have the ability to tax business activities instead of being forced to go after a business's value through property tax, Mayor Naheed Nenshi said Wednesday at an annual gathering of the Calgary Chamber of Commerce.

"I'm not interested in increasing revenue from the business sector, but I am interested in tying taxes more to the actual activity," Nenshi said, adding the current method of municipal taxation is "regressive and unfair and awful" as it targets wealth rather than revenue.

"I think taxes on wealth are bad taxes but, unfortunately, that's all we've got," he said.

Calgary Chamber president Adam Legge tried to pin Nenshi down on details, but the mayor didn't outline a specific plan.

Quoted

"We're open to a discussion about these things, but at the end of the day, it's actually got to mean tax relief for small business."

Richard Truscott of the Canadian Federation of Independent Business's Alberta branch

Nenshi later told reporters "special time" should be carved out for business taxation in future city charter discussions and "everything" should be on the table.

Richard Truscott of the Canadian Federation of Independent Business's Alberta branch said tax reform is needed but he wanted to hear more specifics from Nenshi.

"Is he talking about taxing revenue or is he talking about taxing income?" Truscott said. "For this type of tax reform, the devil would definitely be in the details."

Nenshi said the specifics should form part of the overall discussion between the private sector, provincial government and Alberta's cities.

"We have a lot of people who claim to lobby for the business community, so let's hear some ideas," he said.

Biofuel

Company aims to make money from manure

A company in Alberta hopes to turn manure and other farm waste into money, with some government help.

Lethbridge Biogas LP says its $30-million plant, which produces electricity, is the largest project of its type in Canada.

THE CANADIAN PRESS

Sage grouse. Ottawa lays out plan to keep iconic prairie bird from vanishing

The federal government has revealed how it plans to protect an iconic prairie bird on the brink of vanishing from the grasslands.

An emergency protection order for the sage grouse will introduce new rules for activities on about 1,700 square kilometres of Crown land in southern Alberta and Saskatchewan.

The rules severely restrict building of new roads and fences and also order noise limits on all activities in the affected areas.

Environment Canada says the rules will cost about $10 million in lost revenue from oil wells that can no longer be developed. THE CANADIAN PRESS

Snow Angels celebrate a decade of shoveling

Volunteer snow-clearing. Veteran shovellers want to see more young people involved in program

BRYAN WEISMILLER
bryan.weismiller@metronews.ca

As a Snow Angel, Jim Bergen is keen to bail out his neighbours — and now he wants to see more young people pick up shovels, too.

At an event to mark the 10th anniversary of the volunteer snow-clearing program Wednesday, Bergen emphasized "that feel-good thing" that comes from pitching in.

"Our population is aging, there are more and more older adults in the community, and so there's a need for younger people to help," he said.

That message was repeated by Mayor Naheed Nenshi, who told reporters that even he was on the receiving end of his neighbours' generosity during the recent snow dump.

"I think about how happy I was when I got home last night — all prepped to shovel my walk and my neighbours' walks — and to see it already done."

It's also been a huge relief for older Calgarian Ray Aldred.

"When I was younger I used to volunteer to help others clear walks," Aldred said. "Now, because Snow Angels help me with my walks, it has meant that I'm able to remain independent and living in my own home."

Since 2004, the campaign has recognized 6,403 Angels.

The Calgary Snow Angels turns 10 years old. BRYAN WEISMILLER/METRO

Tragedy. 'She was the best mother the kids could have asked for'

Richard Altvater, his wife, Kunthea, their daughter, Rachelle, 7, and two sons Alex, 5, and Ben, 4, are seen in this undated Facebook photo. The Alberta family was involved in a crash Sunday that saw their car plunge into the Elk River. Kunthea died on scene and both boys remain in hospital. FACEBOOK

Richard Altvater, his wife Kunthea and their three young children were on their way home from a relaxing weekend in the B.C. Rockies Sunday when disaster struck.

The Alberta family's white Chevrolet minivan veered off course on Highway 3, eight kilometres west of Fernie, and plunged upside down into the freezing waters of the nearby Elk River.

Upon witnessing the chaos, two strangers passing by sprang into action, pulling all five members of the family out of the vehicle.

CPR was performed on Kunthea but she was pronounced dead on scene.

As of Wednesday, her youngest son Ben, 4, remained unconscious in an Edmonton hospital, according to family.

Middle child Alex, meanwhile, is being cared for in Calgary at the Alberta Children's Hospital. The five-year-old awoke Tuesday but remains in serious condition.

Older sister Rachelle, 7, has been released from hospital as has Richard, but they remained at Alex's bedside Wednesday, according to Richard's brother Matthew Atlvater.

"He's struggling obviously — he just lost his wife," Matthew said. "He's been through an awful incident."

Richard and Kunthea had been married for 12 years and lived in Coaldale.

Kunthea worked in a role with the government and Matthew described her as being a "fantastic" caregiver.

"She was the best mother the kids could have asked for," he said.

Elk Valley RCMP continue to investigate the crash but have said Richard may have been attempting to pass another vehicle on the highway when he lost control in what were described as slushy road conditions.

A trust fund is being set up for the Altvater kids, Matthew said. "The No. 1 priority right now is the kids, making sure they're OK." JEREMY NOLAIS/METRO

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Outlet Collection at EIA

New outlet mall lands at airport

Local shoppers will soon be able to spend their hard-earned dollars at an Edmonton International Airport (EIA) outlet mall.

The 350,000 square foot shopping area, announced Wednesday, will be called "The Outlet Collection at EIA," which is expected to house 85 different brands located south of the Airport Road exit off Highway 2.

There have been no official retail brands announced yet, but officials expect stores to be "under the same banner" as those announced with the Niagara-on-the-Lake outlet mall, which will have stores such as Brooks Brothers, Calvin Klein, Forever 21, Izod and Nine West, according to real-estate company Ivanhoé Cambridge.

The EIA outlet will be different than its CrossIron Mills and Niagara-on-the-Lake counterparts in that it will be a fully enclosed, climate-controlled shopping venue. **STEPHANIE DUBOIS/ METRO IN EDMONTON**

$8.5 billion

Upgrader north of Edmonton sees costs soar

A partnership that plans to build an oilsands refinery northeast of Edmonton says the cost of the project has risen to $8.5 billion.

North West Redwater Partnership also said in a news release Wednesday that the startup date for its bitumen upgrader has been pushed back to September 2017 from mid-2016.

When the project was approved in November 2012, the cost was estimated at $5.7 billion.

The partnership said the higher cost is "due to a combination of cost inflation and the inability to fully capture certain cost-savings initiatives."

It also says that it believes the merits of the project are still positive.

The refinery is expected to process 50,000 barrels of raw bitumen per day. **THE CANADIAN PRESS**

City breaking ground on overdue rec centres

Underserved areas. Community leaders remark on long, hard road to new facilities

BRYAN WEISMILLER
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Good news is on the way for southeast residents sick of driving their kids to out-of-town swimming lessons or families forced to travel across the city for skating practice.

Two of Calgary's four long-anticipated recreation-centre projects will break ground Thursday, with dignitaries scheduled to turn the sod at the Quarry Park and Great Plains sites.

It's a long time coming for parents such as Stephanie Campbell who have had to raise their kids in the vastly under-served quadrant.

"It's been a long battle," said Campbell, whose lobby group — South East Calgary Recreation Society — was spurred by frustrations in scheduling her kids' swimming practice.

She eventually had to register them for lessons in Okotoks.

"We needed rec centres — full stop," she said.

Expected to open in 2015, the roughly 100,000-square-foot Quarry Park facility will feature a fitness centre, pool and public library. Two ice rinks headline the Great Plains facility.

Campbell pointed out that construction hasn't started on the two mega-centres.

Construction prep work is slated to begin on a 300,000-square-foot facility in the far-flung northwest suburb of Rocky Ridge in the next two months.

Final tweaks are also still being hashed out on the hulking 330,000-square-foot Seton recreation facility near the new hospital, as well.

Campbell isn't ready to give up the fight just yet.

"Our mission isn't accomplished," she said. "Our mission is halfway there."

In the deep southeast community of Cranston, community association president Shane Byciuk noted that he started volunteering to move these sorts of projects off the drawing board when his son was one year old.

"I said, 'Hopefully by the time he's 10 years old he'll be able to use some of these facilities,'" Byciuk said.

"We're well on the way."

Quarry Park

The Quarry Park facility will have a six-lane, 25-metre pool, a gymnasium, a fitness centre, multi-purpose rooms, a full-service library, child care and food services.

Trico Centre

The Trico Centre is the only rec centre currently operating in southeast Calgary. It's located roughly 15.5 kilometres from the planned Seton facility.

Great Plains

The Great Plains facility will have two ice rinks — one with "enhanced spectator seating" — as well as multi-purpose rooms, food services and a pro shop.

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The new Quarry Park rec centre has been tapped to fill the huge demand from southeast residents and employees from the neighbouring business centre. COURTESY CITY OF CALGARY

Report. Hockey Alberta looks at bloated number of elite-level women

Teachers sometimes struggle with vast disparities between their brightest and poorest students.

Hockey Alberta seems to be grappling with a similar problem, according to a new third-party review of Alberta's female hockey programs.

Rick Polutnik recently presented his report to provincial hockey authorities. The review ran the gamut from participation rates to governance to coaching to player development.

Polutnik — who won two world championships as a coach of Canada's national women's team in the early '90s — told Metro that varying skill levels between teammates was the biggest complaint he's heard from coaches.

"How do we teach to the top and teach to the bottom? We teach to the middle and everybody loses," he said.

Roughly 22 per cent of female players are reported to be in minor hockey's "elite" AAA ranks, compared to only five per cent of their male counterparts.

One Hockey Alberta official suggested that it's dangerous to make snap judgments on whether the female game needs to be fixed — but also cautioned that "watering" down the talent pool isn't good for the game.

"If everybody's elite, we have no feeder system," said Tim Leer, senior manager of hockey development. "It doesn't make for a good pyramid effect or development opportunities for the game."

Re-jigging the system would be a hugely complex undertaking, Leer explained, and would require a great deal of consultation.

BRYAN WEISMILLER/METRO

Chicks with sticks

9,000

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Looters, robbers run riot as police strike for more pay

Cordoba, Argentina. Hospital authorities reported one shooting death and more than 100 injuries, mostly from shattered glass

A man is detained by police amid spent shell casings outside a supermarket that was being looted in Cordoba, Argentina, Wednesday.
MARIO SAR/THE ASSOCIATED PRESS

A wave of looting and robberies spread across Argentina's second largest city Tuesday night and continued Wednesday.

Opportunists took advantage of a police strike for higher pay which the provincial governor says was triggered by his closure of brothels that provided a money stream to corrupt officers.

The violence in Cordoba began with storefronts being shattered, mobs stealing merchandise, robbers attacking people in the streets and vigilantes arming themselves to protect their homes. Supermarkets and a mobile television van recording the violence were attacked, even as officers and provincial authorities began negotiations to end the strike.

Gov. Jose Manuel de la Sota said 56 people have been arrested.

He said he's offered police a 52-per cent pay increase, including bonuses for street work or extra duty, for a total of 12,600 pesos a month, which he called "the best salary for police in Argentina," according to Cordoba's Voz del Interior newspaper. That represents about $2,175 monthly at official exchange rate, or about $1,440 at the black market rate many Argentines consider as a more reliable measure of their money's value.

De la Sota described the strike as a police response to his decision to close 140 brothels that provide income to corrupt officers.

National Security Chief Sergio Berni said 2,000 border police are being deployed in Cordoba to help restore peace.
THE ASSOCIATED PRESS

Johns targeted in French anti-prostitution legislation

Protesters who support abolition of prostitution rally outside the French National Assembly in Paris Wednesday as parliament voted 268-138 to pass a bill that would decriminalize solicitation and impose on clients fines of 1,500 euros (about $2,175). The bill now goes to the French senate. Prostitution is currently legal in France, but soliciting and pimping are prohibited. FRANCOIS MORI/THE ASSOCIATED PRESS

Radioactive material

Deadly cobalt-60 found abandoned near stolen truck

A missing shipment of radioactive cobalt-60 was found Wednesday near where the stolen truck transporting the material was abandoned in central Mexico state, the country's nuclear safety director said.

The highly radioactive material was found in an empty lot about a kilometre from Hueypoxtla, an agricultural town of about 4,000 people, but it poses no threat or a need for an evacuation, said Juan Eibenschutz.

The cargo truck hauling cobalt-60 that had been used in medical equipment was stolen from a gas station early Tuesday, and authorities had put out an alert in six central states and the capital looking for it.

Eibenschutz said direct exposure to cobalt-60 could result in death within a few minutes.
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People finish the sentence "Before I die ... " on a large blackboard in Providence, R.I. MICHELLE SMITH/THE ASSOCIATED PRESS

Before I die ... 'I want to write on this blackboard'

400 walls now in 60 countries. Ever since New Orleans resident Candy Chang set up the first one it has spread like wildfire

It is public art made of private wishes. In a phenomenon spreading worldwide, oversized blackboards, painted on buildings and freestanding displays, invite passers-by to complete the sentence: "Before I die I want to ... "

Answers, some profound, some profane, are written on stenciled lines with pieces of sidewalk chalk picked from the ground below. "Make my dad proud," and "... find the yin to my yang," being two examples. Since artist Candy Chang created the first wall on an abandoned house in her New Orleans neighbourhood in 2011, more than 400 walls have gone up in the United States and more than 60 other countries, including Kazakhstan, Mexico, Iraq, Haiti, South Korea and South Africa.

"I've been surprised by how quickly people have dropped their guards and written sincere and sometimes heartbreaking things on these walls," said Chang, who said the first wall was inspired by the loss of a loved one. "It reassures me that I'm not alone as I try to make sense of my life.

"It's an honest mess of the longing, anxiety, joy, pain, gratitude, insecurity and wonder you find in every community. ... It's like collective therapy in public space," added Chang.

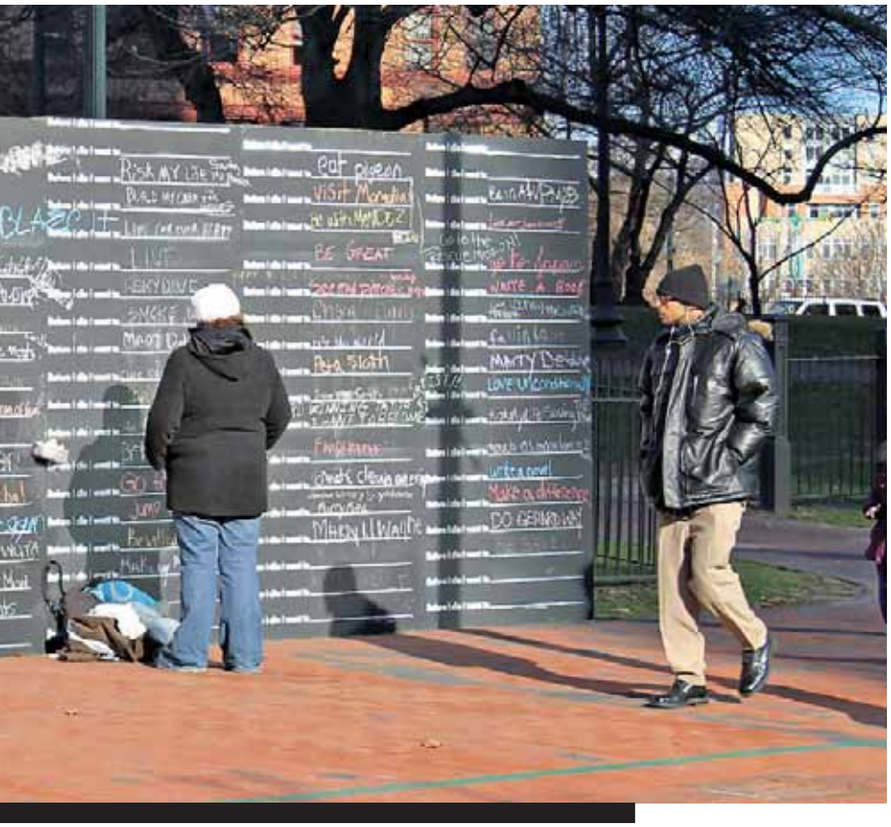
Chang earned a master's degree in urban planning and sees in public spaces the potential to unify and communicate. Her own entries have ranged from "enjoy more places with the people I love" to "revive a ghost town."

"There's just something magical about stuff like this," said Sara McAlister, 22, after stopping to write on a former factory building in Syracuse. Building owner Rick Destito painted the "Before I Die'' wall after seeing the idea on Facebook.

"It's such a simple idea but it resonated so much with me because there are so many things that I want to do before I die," said Destito. He has watched people of all ages and backgrounds stop and write, some lingering, others dashing off a hope and hurrying off.

Nyquis Turner, 16, stopped to write, "play in the NFL."

"Find a cure for cancer. Be famous," Lynn Morehouse read from one of two boards that went up last month in Providence, R.I. "Some of them are funny. Some of them are a little off the wall. ... I like it." THE ASSOCIATED PRESS



Rick Destito poses near the "Before I Die" wall he painted on the former factory building he owns in Syracuse, N.Y. AP PHOTO/CAROLYN THOMPSON

Analysis

Positivity is clearly evident

Chang said a universal theme is personal well-being, citing repeat entries like: "come to terms with who I am," "have no regrets," "forgive and be forgiven," and "heal."

A hardcover book, "Before I Die," released earlier this month by St. Martin's Press, permanently captures some of the answers, which are often otherwise erased to make room for more.

"Some walls reflect the current politics of the region," Chang said. "But for the most part, the walls have shown just how universal our hopes are. We want to love and be loved. We want to see the world. We want to help others. We want to understand who we really are."

THE ASSOCIATED PRESS

Some of the best

A sample of things people have written to finish the sentence "Before I die I want to ..."

"... be happy."

"... see Italy."

"... eat more everything."

"... get my wife back."

"... slow down for a moment and maybe even stop."

"... see a cure for autism."

"... grow a moustache."

"... get clean."

"... find alien life."

"... tell my dad I'm gay."

"... come to terms with who I am."

"... play in the NFL."

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Police think Ford offered to buy video for $5K and a car

Rob Ford saga. City council stripped him of most of his powers last month, but he said he'll run in the next municipal election

Toronto Mayor Rob Ford wipes his brow in the council chamber at city hall as councillors pass motions to limit his powers on Nov. 18. CHRIS YOUNG/THE CANADIAN PRESS

Police believe they overheard people on wiretaps during a gang investigation saying Toronto Mayor Rob Ford offered $5,000 and a car in exchange for a video, according to a newly released police document.

The document contains police evidence from wiretaps on which alleged gang members and men arrested in a sweeping guns and drugs investigation talk with familiarity about the mayor and suggest they had supplied him with drugs.

Toronto police were in the midst of that large investigation, known was Project Traveller, when the mayor's name surfaced on the intercepts in March and April, police allege.

The document, containing allegations not proven in court, suggests some of the Project Traveller targets also talked about using images of Ford using drugs to blackmail him. They were also heard saying they "love and respect Rob Ford," but have evidence of him in a lot of messed up situations and don't want to say anything, the document says.

One man says on the wiretaps that he has many pictures of Ford "doing the hezza," and another man suggests those pictures would be worth a lot, says the document. Hezza can be used as a slang term for heroin.

The mayor's name allegedly emerged on the wiretaps about two months before the Toronto Star and U.S. website Gawker first reported that alleged drug dealers were shopping around a video that appeared to show Ford smoking crack cocaine.

Information that police gathered from those wiretaps was in the remaining portions of a document filed in the drug case of Ford's friend Alexander Lisi.

Portions that were previously released showed former staffers alleged the mayor was intoxicated at work, drank while driving and associated with suspected prostitutes.

The last portions to be made public summarize an intercepted conversation police allege they heard on March 27. Investigators heard two men talking about plans to sell a tape and quoting Ford as saying "I'll give you 5,000 and a car," police allege in the document.

Mohamed Siad, who police believe was trying to sell the so-called crack video, said during the conversation that he would meet with him and ask for "150," which police believed meant $150,000, the document says.

The other man warned Siad that wouldn't be wise, as he would be putting himself in jeopardy, the document says. Siad, like most of the men monitored, was arrested as part of Project Traveller, and was later stabbed in jail. Police do not connect the stabbing to the video in the document.

Ford's lawyer, Dennis Morris, told television station CP24 the latest allegations are baseless. THE CANADIAN PRESS

Homicide

Crack video a motive for man's murder, police told

Court documents unsealed Wednesday point to two rumoured motives for the murder of alleged gang member Anthony Smith: a retaliation over a robbery or, as Rob Ford's staff told police, the infamous crack cocaine video.

Sections of the new document detail how Ford's former chief of staff Mark Towhey and former "logistics director" David Price spoke with the police about how an anonymous tipster gave Price information about the video and Smith.

According to the documents, Price told Towhey, Doug Ford and later the police about two anonymous calls he received on May 17, the day after the crack video reports broke.

After Towhey contacted the police with Price's story, Price was interviewed. He told police on the morning of May 17, he got a call from a unknown number offering him information on "the drug dealers who had (the) tape" and gave the nickname and phone number Mohamed Siad (since identified by police as one of the people trying to sell the tape) and his friend, Mohamed Farah. In a second call that afternoon, Price was told the dealers who have the video could be found at unit 1703, 320 Dixon Rd.

As a result of the call, Price told Towhey, and later the police, the video was the motive for Smith's murder, the document states.

However, the police had a different theory about the murder, via the wiretaps being run in the Project Traveller gang investigation.

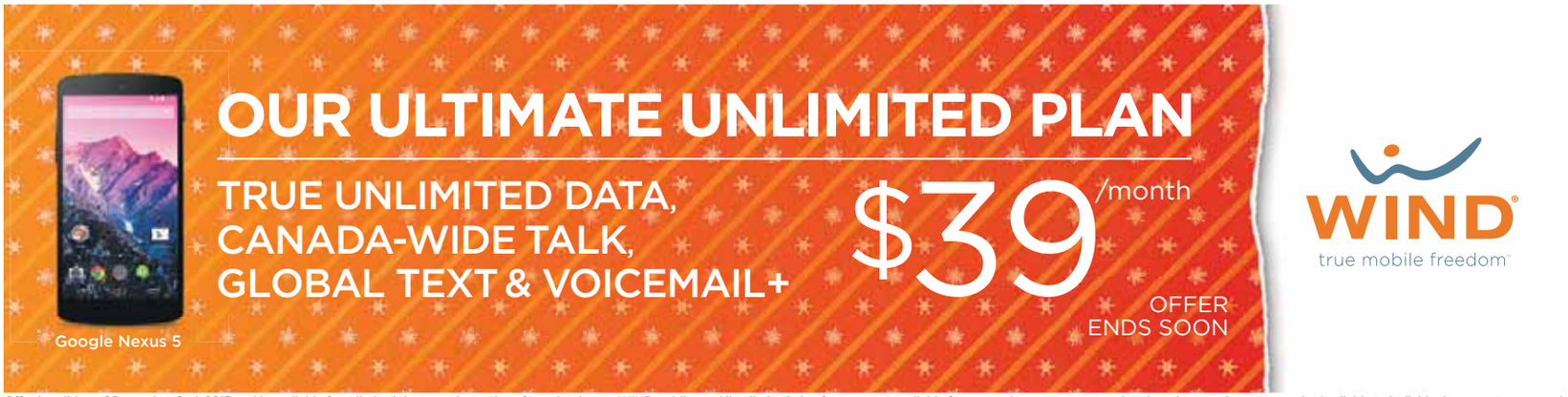
At the Loki Lounge on March 28, just before he was shot, Smith texted Liban Siyad to say he saw Saaid Mohiadin at the club and planned to assault him, the document says.

Siyad replied, "Okay halal meat," which police believe means "dead meat" or "kill him." In minutes, an altercation ensued, and Smith and Mohamed Khattak were shot. Smith died in hospital.

"The motive for the murder was also detailed during interceptions, and revealed the murder may have been retaliation for Smith and his associates robbing Mohiadin aka 'Post' last November," police wrote.

In the document, police noted that the motive for murder Price gave them is "believed to be incorrect" based on the robbery motive they heard on the wiretaps.

JESSICA SMITH CROSS/METRO IN TORONTO



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Man who put photos of wife's corpse online pleads not guilty

Florida. No decision yet on whether state will seek death penalty

A Florida man pleaded not guilty Wednesday to first-degree murder charges in the fatal shooting of his wife, whose bloody corpse was later depicted in photos he posted on Facebook.

The plea was entered during a brief hearing by an attorney for Derek Medina, 31, who also faces charges of illegally discharging a firearm inside their Miami home and with child neglect without violence. The young daughter of Medina's wife, 26-year-old Jennifer Alfonso, was in the home at the time, but was not harmed.

No decision has been made on whether the state will seek the death penalty, said Assistant State Attorney J. Scott Dunn. Miami-Dade Circuit Judge Yvonne Colodny set a Jan. 29 status hearing to discuss the potential death penalty and scheduled a tentative trial date for March 17.

Medina did not speak during the hearing. His attorneys have previously said he shot his wife in self-defence while she attacked him after several previous abusive episodes. Police say she was cowering and likely on her knees when Medina filed the fatal shots.

Prosecutors said they also have evidence that Medina had told other people he would kill Alfonso if she ever tried to leave him. Medina himself told investigators his wife had announced she was leaving earlier that day.

Saam Zanganeh, one of Medina's attorneys, said evidence received from Facebook totals between 7,000 and 8,000 documents. THE ASSOCIATED PRESS

Derek Medina, flanked by his attorneys, takes a look around during his arraignment in court on Wednesday in Miami. Medina pleaded not guilty to first-degree murder charges in the fatal shooting of his wife, whose bloody corpse was later depicted in photos he posted on Facebook. WALTER MICHOT/THE MIAMI HERALD/THE ASSOCIATED PRESS

Eerie explanation

Why did he post the photos?

According to a statement Medina made to police, he decided to post the photos of his dead wife on Facebook to notify friends and family about what had happened. Their argument began, he said, after he failed to wake up in time for the couple's plans to watch movies on television.

Along with the photos, Medina added on Facebook, "Im going to prison or death sentence for killing my wife love you guys miss you guys take care Facebook people you will see me in the news." THE ASSOCIATED PRESS

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Nigella Lawson admits cocaine use

But 'I have never been a drug addict.'
Celebrity chef testifies in fraud trial of two former assistants, accuses ex-husband of spreading lies to savage her reputation

Nigella Lawson leaves Isleworth Crown Court in London, Wednesday.
ANDREW MATTHEWS/THE ASSOCIATED PRESS

Nigella Lawson admitted in court Wednesday that she had taken cocaine, but denied being a habitual user, accusing her ex-husband of trying to "destroy" her, during a lacerating day of testimony.

Lawson said she had taken cocaine half a dozen times with her first husband, John Diamond, while he was dying of cancer. And she took it once again in July 2010 at a time when "I felt subjected to acts of intimate terrorism" by then husband Charles Saatchi.

Appearing as a prosecution witness at the trial of Elisabetta and Francesca Grillo, longtime employees who worked as nannies, cleaners and assistants for the couple, Lawson said Saatchi threatened to destroy her if she did not clear his name after he was photographed gripping her throat outside a restaurant.

Coverage of the trial has focused more on the failed marriage of Lawson and Saatchi — who divorced in July following the throat-grabbing incident — and their tempestuous home life than on allegations that two women working for them were living the high life at the couple's unknowing expense.

"He started spreading false allegations of drug use," Lawson said.

Defence lawyers have claimed Lawson used illegal drugs including cocaine, citing an email from Saatchi in which he referred to her as "Higella." They have suggested Lawson ignored the Grillos' lavish expenditures in return for their silence about her drug use. But Saatchi told the court last week that he had never seen Lawson taking drugs. He said the email was written in anger and he regretted sending it.

The Grillos — sisters from Calabria in southern Italy — are accused of using credit cards loaned to them by Lawson and Saatchi for household expenses to spend more than $1 million US on luxury clothes and accommodation at high-end hotels. THE ASSOCIATED PRESS

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PM speaks on spate of suicides

Fourth soldier takes his life. Recent rash of deaths puts national attention on the struggles of soldiers

Prime Minister Stephen Harper has weighed in on the spate of apparent soldier suicides that have rocked the Canadian Forces in recent days.

Harper says everyone should encourage veterans in need to reach out to the support and systems that are there to help.

The prime minister's comments came hours after the Defence Department confirmed the military police at Canadian Forces Base Valcartier in Quebec are investigating the death Tuesday of Master Cpl. Sylvain Lelievre, from the 3rd battalion of the Royal 22nd Regiment.

Lelievre is the fourth soldier believed to have committed suicide since last week.

Lelievre joined the Canadian Forces in June 1985 and was deployed to Bosnia between 2001 and 2002, and again in 2004. He also served in Kandahar from 2010 to 2011.

"As the death took place on the base, it is now under military police investigation. As such, it is inappropriate for us to comment on the investigation."

Condolences

"The loss of any soldier is devastating to the military community and our condolences go out to his family and friends."

Capt. Denny Brown, Army Public Affairs

The escalating struggle of soldiers has been resonating across the country since word of the suicides began emerging.

The deaths include a senior non-commissioned officer at Canadian Forces Base Petawawa, northwest of Ottawa, as well as two other soldiers in Western Canada.

Veterans advocates say the number of apparent suicides within the military in recent days may only hint at the magnitude of the problem. For every death by suicide, they warn, as many as a dozen others may have unsuccessfully sought the same fate.

Veterans ombudsman Guy Parent said spouses of veterans suffering from post-traumatic stress disorder need to know how to spot the warning signs. He also says greater financial stability is needed for veterans.

THE CANADIAN PRESS

Engineer says he went into a 'daze' before deadly derailment

A Metro-North Railroad commuter train pulls into the Spuyten-Duyvil station in the Bronx. The station reopened Wednesday, three days after a nearby derailment killed four people. The engineer of the speeding commuter train that ran off the rails along a curve experienced a hypnotic-like "daze" and nodded at the controls before he suddenly realized something was wrong and hit the brakes, a lawyer said. JIM FITZGERALD/THE ASSOCIATED PRESS

Justice system. Vet says jail ill-equipped for PTSD

A British war veteran recently held in the same Alberta jail where a Canadian soldier killed himself says the justice system doesn't properly deal with people who have post-traumatic stress disorder.

John Collins, diagnosed with PTSD about six years ago, was arrested last month at his home in Lethbridge on various charges, including assault. He has since been released on bail.

Last week he learned about the suicide of the artillery soldier, identified by friends as Travis Halmrast, at the same Lethbridge Correctional Centre.

Collins didn't know Halmrast, but has strong feelings about the case.

"He shouldn't have been there," he said. "From the moment they found out he was ex-military, alarm bells should have been ringing."

Lethbridge police wouldn't talk specifically about the case, but said officers have training to deal with people with mental health issues, including PTSD. THE CANADIAN PRESS

Prison couple. Court dismisses inmates' case

A judge has dismissed an application by two inmates at a Saskatchewan prison who are in a relationship and want to live together.

Jean Richer and Leslie Sinobert argued the Correctional Service of Canada is violating their rights.

The two men told court they are in a "long-standing" relationship and want to live in the same house in the minimum-security annex at the federal Saskatchewan Penitentiary in Prince Albert.

Court heard they are serving life or indeterminate sentences, and were transferred from medium-security to a minimum facility in the spring. They were then assigned to live in different housing units.

Prison officials denied a request by the couple that they be allowed to live under the same roof.

Justice Mona Dovell ruled she has no jurisdiction to determine if a prison's administrative decision is unreasonable.

THE CANADIAN PRESS

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‘IT’S AN INSULT’: SEALERS

Made in Newfoundland.
Sealers defend hunt in wake of WTO decision to uphold EU trade ban

JONATHAN RUSSELL
jonathan.russell@metronews.ca

Seal hunters drag a dead seal to their boat in the Gulf of Saint Lawrence in this 2008 photo. JOE RAEDLE/GETTY IMAGES FILE

“Here you are trying to manoeuvre through the ice — you got to watch those big ice pans — and a big swell in the water ... the boat was moving back and forth ... you got to watch how you’re getting through because they can throw together and put a hole right on through the boat, really — it has happened — and then you’re trying to get a shot at the seal at the same time and with this buzzing over you.”

Keith Bath, 67, first encountered “this buzzing” of an animal-rights helicopter during last year’s seal hunt off the coast of St. Anthony, N.L.

Bath, who now lives in La Scie, N.L., has been sealing for 50 years.

Last year’s catch “amounted to close to $300,000,” Bath estimates. Each of his seven crew members receive nine per cent of the cut. Fuel, his biggest cost, runs around $20,000. After expenses, the seal hunt represented 40 per cent of his annual income for 2013, he says.

His boat landed some 7,600 seals in two weeks, the majority of which were beater seals, roughly 25 days old. Hunting younger seals, or whitecoats, has been banned since 1987.

In the vast majority of those 7,600 deaths, Bath says he used a .222-, .223-, .22250- or .243-calibre rifle with a scope. Bullets cost just over a dollar each, he says.

“Not many seals are killed with a hakapik (club) from a longliner (65-footer),” he says of his vessel, which tows a speedboat used by the rest of his crew to collect the seals from the ice. “Good sealers like we are — you know, most everyone — try to make sure that they got a good shot and a head shot ... and if we sees that it’s crippled, we just gives it another bullet.”

Bath is one of 4,000 fishermen in Newfoundland and Labrador certified by the Professional Fish Harvesters Certification Board, which trains sealers in the humane killing of the animals, the regulatory process and proper handling procedures.

That certification, coupled with monitoring by the Department of Fisheries and Oceans, ensures a humane hunt, according to Frank Pinhorn, executive director of the Canadian Sealers Association.

Pinhorn balked at the World Trade Organization’s recent decision to uphold the European Union ban on Canadian seal products based on the necessity “to protect public morals.”

Keith Bath

“The decision, based on ethics and morality, is an insult to all our sealers,” Pinhorn says, adding the reason sealers are targeted by animal-rights groups is “because it’s an easy thing to do. They just lucked into the imagery of red, intense blood on pure, white ice.

“They’ll lie, they’ll cheat, they’ll use deceit — because the people making these decisions (at WTO and EU) know absolutely nothing about what it means to live in Mary’s Harbour, or St. Anthony, or Twillingate, and earn a living from the ocean.”

Beyond that, the regulations are heavily enforced, he says. All boats are subject to inspection. Bath says in 2012 one such DFO officer observed his practices.

“I try everything in the world to make sure that it’s done as clean as we can do it,” Bath says.

“You can make a mistake, anyone can make a mistake. But 90 per cent, I’d say, of (those who) goes out there try to do it as good as they can, have as clean a go as possible.”

Protecting ‘public morals’

WTO ruling a finding of fact

The World Trade Organization decision last week to uphold the European ban on Canadian seal products as “necessary to protect public morals” marked a breakthrough in animal-welfare cases, according to a professor of international law.

Robert Howse, who teaches at New York University, says this is because the WTO panel based its decision on factual findings versus legal findings. They differ in one key respect: A legal finding can be appealed to the appellate body — a factual finding cannot.

“What Canada did claim was that concern about the seal hunt was, on the facts, not a matter of public morality, but the emotional, eccentric opinions of one section of the European public,” Howse said.

“(But) the EU presented evidence that is compelling: That you can’t have a humane seal hunt in Canada, and the reason you can’t is that the conditions under which the hunt occurs are such that it’s really not possible to ensure and monitor that humane hunting techniques are being used.

“In other situations of animal welfare (such as slaughterhouses), it would usually be possible to address moral concerns without a ban, by merely requiring that standards of humane treatment be monitored and enforced.”

The WTO also ruled, however, the ban does not apply to Inuit or indigenous communities, “because an advantage granted by the European Union to seal products originating in Greenland (specifically, its Inuit population) is not accorded immediately and unconditionally to the like products originating in Canada.”

The Canadian government said it would appeal the ban. “Of course the Canadian government is going to appeal,” says Howse, “but the fact is that they’re not going to win anything of value.”

Quoted

“It’s the perfect bourgeois cause, because for the people who (oppose it), in Europe or downtown Toronto, it doesn’t affect their own lives at all, not even in the slightest. If they were to get excited about global warming or something, they might have to question how they impact on the environment. But they don’t have to do that with the seal hunt; they can blame it all on those nasty Newfoundlanders ... And it has great visuals.”

Lars Osberg, professor of economics at Dalhousie University,
on how the EU seal ban will affect a small part of the population significantly while hardly putting a dent in the region’s economy

EU ban a win for animal rights groups

A harp seal.
JOE RAEDLE/GETTY IMAGES FILE

In numbers

$2.8M

According to the Department of Fisheries and Oceans, roughly 89,000 seals worth $2.8 million were landed in Newfoundland and Labrador alone.

$590M

The provincial fishery's total catch was nearly $590 million, according to the Department of Fisheries and Oceans.

$1.8M

The International Fund for Animal Welfare spent $1.8 million on its seal campaign in 2012. The IFAW raised $2.4 million total that year. But it does non-restrictive fundraising: donors gave the money to the IFAW, which then allocated the funds toward the seal campaign.

Sheryl Fink has observed the seal hunt for 11 years, both in the Gulf of St. Lawrence and off the eastern coast of Newfoundland, known as the Front.

She says she went to observe "the cruelty, the inhumane killings."

"It's allowable to hook a seal in the face," said Fink, seal campaign director for the International Fund for Animal Welfare (IFAW). "An animal is allowed to be hooked in the face by the gaffe and dragged to the boat."

The decision last week by the panel of the World Trade Organization was a victory for IFAW and other animal-rights groups.

The 27-member state European Union is now part of 34 countries that ban Canadian seal products, including the U.S. (1972), Russia (2011) and most recently Taiwan (2013).

IFAW and other non-governmental organizations like the International Humane Society submitted an Amicus Brief with their own research and findings referred to by the European Commission in its defence of the seal ban. IFAW was also consulted by the EU as a stakeholder alongside the sealing industry to develop and implement the regulations of the EU ban on seal products, which came into force Aug. 20, 2010.

"This is significant in that it's just another international body that's looked at the seal hunt ... and they said seal bans are OK," Fink said of the WTO's ruling, adding it's another indication the world does not want seal products.

Sheryl Fink CONTRIBUTED

Haven't organizations like the IFAW created a negative view of seal products?

"It's very easy to blame the NGOs and say that we've brainwashed everyone — and I only wish we were that powerful, that we've brainwashed the WTO, and the Russian Federation, and Taiwan. I kind of wish that were true," she said, laughing.

"I think the reality is people just don't want seal products; this just isn't a product that is wanted or needed in the 21st century, just like we don't do commercial whaling anymore. I think the time has come where commercial sealing is going to be disappearing."

Check online

Read more about the seal hunt at metronews.ca

1800s

The commercial seal hunt's main purpose is to extract oil, large quantities of which are shipped to Britain for fuel for lamps, as a lubricant, as cooking oil, in processing leather and jute, and as a constituent in soap.

1914

The crew of the hunting vessel Newfoundland is caught on the ice for two days in a snowstorm. Seventy-eight men freeze to death on the ice, while 55 survivors lose limbs.

1980s

In 1983, the European Economic Community bans the importation of whitecoats (unweaned harps) and bluebacks (young hooded). In 1987, the federal government prohibits the commercial harvest of whitecoats and bluebacks, and hunting from large vessels.

2009 - Present

In 2009, the European Union bans the import of Canadian seal products. In 2011, the Russian Federation bans the import of seal products. In 2013, Taiwan follows suit.

SOURCE: DFO

Regulating the hunt

Department of Fisheries and Oceans says officers are looking most closely at the '3-step process' recommended by the Independent Veterinarians Working Group (IVWG).

- The amendment involves: a) striking (with approved firearm or hakapik), b) checking (that both halves of the cranium are crushed), and c) bleeding (before waiting a minute to skin the animal).
- DFO says the seal hunt can be properly regulated because the seals — and therefore the sealers — are often concentrated in the same areas: in the Gulf around the Magdelan Islands and in the Front east of the northern peninsula.
- DFO monitoring is done by fixed-wing aircraft, helicopter, boat and deployment of officers to each sealing vessel.

DAOUST

Dr. Pierre-Yves Daoust is a professor of Anatomic Pathology and Wildlife Pathology at the University of Prince Edward Island.

"From an animal welfare perspective, these animals (should) be killed as quickly as possible — realizing that it is a hunt and therefore it's not necessarily successful 100 per cent of the time, just like the slaughtering of domestic animals in slaughterhouses is not effective 100 per cent of the time," said Daoust. "We insisted at the WTO hearing we go back to the EFSA (European Food Safety Authority) report and see what they said, and there is no evidence there that the seal hunt is any worse than other forms of the exploitation of animals. The problem is because of the nature of the hunt — because of the nature of any hunt — it's very difficult to have robust, statistically valid observation of the whole hunt, which takes into account the weather, the types of boats, the education of individual sealers and coming up with a figure that says, X per cent of the animals are not killed properly."

DEBATE

Like issues of economic viability and morality, the science around the Canadian seal hunt is divided. Metro interviewed experts in veterinary medicine and animal welfare about the key issue surrounding the hunt: Are seals killed in a humane manner? Both testified at the WTO hearings:

BROOM

Dr. Donald Broom is a professor of Animal Welfare at the Department of Veterinary Medicine at Cambridge University, whose research includes assessing animal welfare, including pain. "I have seen that some statements by animal protection societies over-emphasize the negative aspects of sealing and some statements by sealers over-emphasize the quality of their methods," said Broom. "Seals are complex animals with a pain system similar to ours, so an injury for some minutes or hours is a major welfare problem in seals. Almost all farm animals in slaughterhouses are handled without fear being caused to them. The stunning procedure in a slaughterhouse usually causes no pain and the animal dies without recovering consciousness. It is rare for the electrical procedure or captive-bolt gun application not to work, but if it does, a second stun occurs within a few seconds. I think that it is correct that many seals shot with a rifle die without suffering. However, the number that are not killed, or rendered unconscious with the initial shot or shots, and hence which do suffer, is high."

Read metro work every Monday and Wednesday for tips and trends in education and employment.

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Jon Stewart, right, presents Egyptian satirist Bassem Youssef an award at the Committee to Protect Journalists' International Freedom Awards on Nov. 26 in New York City. COURTESY COMMITTEE TO PROTECT JOURNALISTS/MICHAEL NAGLE-GETTY IMAGES

Axed TV satirist says Egypt's regime doesn't look nice

The Program. Bassem Youssef, often compared to Jon Stewart, says he believes military wasn't behind cancellation, but still calls it 'worrying'

Popular Egyptian satirist Bassem Youssef said Wednesday that he'll take the military at their word that they were not behind the decision to take his weekly TV program off the air, but he said it still doesn't make them look "very nice."

Youssef, often compared to Jon Stewart, spoke in a TV interview, his first televised appearance in Egypt since October. The private Egyptian station CBC suspended his show after the season's first episode, which was highly critical of the military and the nationalist fervour gripping the nation.

Youssef, whose show called The Program mirrored Stewart's The Daily Show, said he truly believes the military-backed government's denials, but added that "at the end of the day, the regime doesn't look very nice."

THE ASSOCIATED PRESS

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Towering over his fellow protest leaders, boxing champion and presidential hopeful Vitali Klitschko attends a rally in front of the parliament building in Kyiv, Ukraine, in April. SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

Boxing champ joins protests in Ukraine

Vying for the title of president. WBC heavyweight champ Vitali Klitschko emerges as Ukraine's most popular opposition figure

Thanks to his sports-hero status and reputation as a pro-Western politician untainted by Ukraine's frequent corruption scandals, six-foot-seven Vitali Klitschko has surpassed jailed former Prime Minister Yulia Tymoshenko in opinion polls.

As massive anti-government protests continue to grip Ukraine, the 42-year-old boxer-turned-politician is urging his countrymen to continue their fight to turn this ex-Soviet republic into a genuine Western democracy.

"This is not a revolution. It is a peaceful protest that demands justice," Klitschko told The Associated Press in an interview Wednesday. "The people are not defending political interests. They are defending the idea of living in a civilized country."

Dubbed Dr. Ironfist for his prowess in the boxing ring, Klitschko has scored 45 victories in 47 fights, 41 of them with knockouts. He has successfully defended his title 11 times, most recently in September 2012, and plans to have one more bout before he retires.

Fighting words

"They stole our hope."

Vitali Klitschko, politician and boxer
speaking about the political climate in Ukraine

Now Klitschko must prove that he has as much stamina in the political arena.

Despite earning a doctorate in sports science, Klitschko has had to fight a stereotype of being intellectually unfit to run this economically troubled nation of 46 million.

Still, he appeals to many Ukrainians with his air of sincerity and his image as a handsome tough guy ready to defend his compatriots.

The angry protests were sparked by the president's abrupt decision last month to ditch a political and economic treaty with the 28-nation European Union in favour of closer economic ties with Russia, which had threatened Ukraine with trade consequences if the country signed the EU deal.

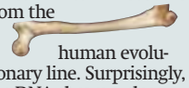
THE ASSOCIATED PRESS

Human evolution

400,000-year-old bone discovered

Scientists have reached farther back than ever into the ancestry of humans to analyze DNA from a bone found in Spain estimated to be 400,000 years old.

The feat surpasses the previous age record of about 100,000 years for genetic material recovered from the



human evolutionary line. Surprisingly, the DNA shows a close relationship to Denisovans, who lived in Siberia and apparently elsewhere in Asia, far from the Spanish cave where the bone was found.

THE ASSOCIATED PRESS

B.C. Defunct clinic to dispose of sperm samples

A B.C. Supreme Court judge has given a clinic at the B.C. Women's Centre for Reproductive Health in Vancouver permission to destroy and dispose of sperm specimens if clients don't let the clinic know by Dec. 24 that they want the samples transferred to another facility.

The clinic has been storing sperm for more than 400 class-action members since 2010, when those samples were transferred from a lab run by UBC.

The group, led by lead plaintiff Howard Lam, is suing the university after a power failure in 2002 destroyed hundreds of sperm samples. Lawyer Arthur Grant, who is representing the plaintiffs in the lawsuit, had argued against the order, as it could "negatively impact the rights of the plaintiff and class members in the class action."

Samples that may be lost

More than 1,200 people have sperm or embryo samples stored at the B.C. fertility clinic

But the clinic stopped operating last year, none of its clients are paying for storage, and it doesn't have the money to keep storing the specimens, court documents posted online this week say. THE CANADIAN PRESS

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England. Care for a tent and a spot of tea after getting blotto at the pub?

With the festive season approaching, the scourge of drunk drivers returns, and one pub in Worcestershire, central England, has an innovative solution, installing a campsite in the garden for those too intoxicated to drive home. The Drum and Monkey's Paul Miller took our questions.

The Drum and Monkey. CONTRIBUTED

How did you come up with this?

We heard about a pub in the area that had apartments for customers to use if they needed. There was nothing like that here so we contacted a tent company and they were happy to sponsor the idea.

Did you have a problem with unruly drunks refusing to leave?

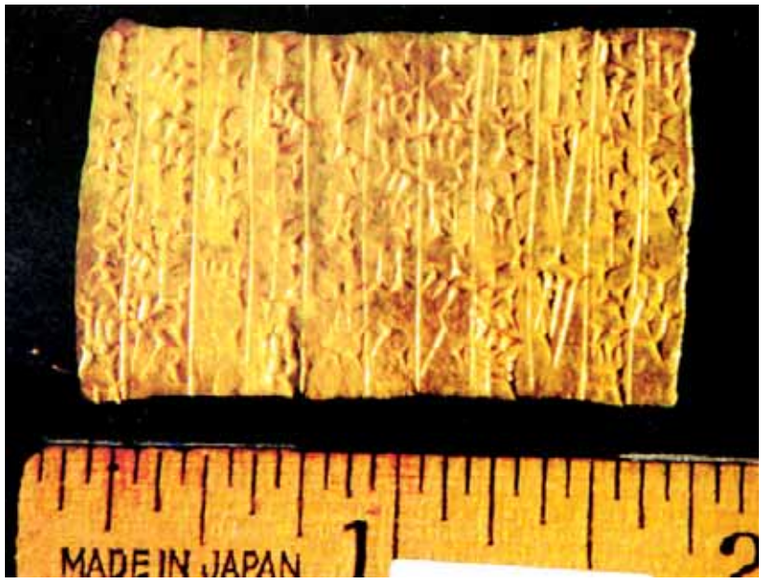
It's not about drunks, more for people who have had just too many drinks to drive, and it's just for December. The police have told us it's a fantastic idea.

What do your neighbours think?

I don't know, but it can't be a bad thing to have free camping facilities. We have not heard any concerns: This is a country pub and we don't have many kids making trouble.

What kind of luxury can I expect if I sleep there?

A mug of tea at breakfast. Maybe a sandwich. On New Year's Eve we have organized free transport for anyone who wants it. METRO WORLD NEWS



Ishtar Temple Tablet returning to Berlin

A photocopy from court records shows the 3,200-year-old gold tablet at the center of a court case between a Holocaust survivor's family and a Berlin museum. A gold Assyrian tablet stolen from a German museum during the Second World War and later possessed by a Holocaust survivor , who may have gotten it in a trade with Russian soldiers for some cigarettes, is being returned to Berlin, a New York judge said Wednesday. NEW YORK STATE COURT OF APPEALS/THE ASSOCIATED PRESS

Companies are starting to take note of consumer concerns over potentially harmful ingredients in a range of beauty products. JENNIFER POLIXENNI BRANKIN/GETTY IMAGES FILE

Beauty industry doing an about-face

Power of the people. Companies are starting to remove possibly harmful ingredients from products after pressure from customers

An environmental group says cosmetics companies are starting to listen to consumer worries over potentially harmful ingredients in their products.

Toronto-based Environmental Defence says public pressure is beginning to exert influence on the ingredients companies use in everything from shampoo and moisturizers to toothpaste and deodorant.

"The good news is that some companies are listening to the growing concerns from their customers about the risks of these chemicals," Maggie MacDonald of Environmental Defence said in a release.

"Others need to take the old saying to heart — the customer is always right — and act to remove harmful chemicals."

Procter and Gamble announced in September that it would eliminate triclosan, a commonly used anti-bacterial agent, and phthalates from its personal-care products in 2014.

Johnson and Johnson committed in 2012 to remove triclosan, phthalates, formaldehydes and parabens from its adult toiletries and cosmetics.

Walmart, meanwhile, announced this fall that it would be working toward reducing chemicals starting in January, and promises a public report in two years on how it has fared. THE CANADIAN PRESS

Concerns

- **Triclosan, an anti-bacterial agent,** was found by a Health Canada study to be harmful to the environment, but safe for humans. The U.S. Food and Drug Administration is currently reviewing the safety of triclosan. Concerns have been raised that triclosan may be triggering hormonal changes, or causing anti-microbial resistance.
- **Phthalates, a family of chemicals commonly used as plasticizers,** raised worried after studies suggested that when ingested, phthalates could cause reproductive and developmental abnormalities in young children.

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Baby boomers addicted to web, tech gadgets too

Come together over technology. Study finds boomers catching up to Gen Y and Z when it comes to adopting and using new devices

Boomers are starting to catch-up to younger tech-obsessed consumers when it comes to tech gadgets and getting hooked on the Internet. THE ASSOCIATED PRESS FILE

Canadian boomers have lagged behind younger tech-obsessed consumers when it comes to buying gadgets and getting hooked on the web, but a new report suggests that might be changing.

The results of telephone surveys with more than 6,000 Canadians conducted on behalf of the Media Technology Monitor were used to compare technology trends among members of Gen Y (defined as 24- to 33-year-old consumers), Gen Z (aged 18 to 23) and the 47-to-67 boomer demographic.

Younger consumers were earlier adopters of smartphones and streaming web video but some of the gaps may be narrowing as well-heeled boomers are eagerly discovering new technologies.

"While (boomers) have not grown up with publicly available Internet and wireless technologies, they have become avid users of these offerings," states the report.

"Younger boomers are reaching their earning prime, giving them money to spend on media technology."

When it comes to spending time online, the members of Gen Z told pollsters they were typically using the Internet for about 28 hours a week. That was a couple of hours more than Gen Y respondents, and nearly double the time boomers estimated they were on the Internet.

Almost half of all boomers said they were smartphone owners. While, about 82 per cent of Gen Z and 78 per cent of Gen Y poll respondents said they had an iPhone, Google Android phone, a BlackBerry, or another high-tech phone.

THE CANADIAN PRESS

Tablets and Netflix

The only example of boomers leading the way in tech adoption was with tablets.

- Younger boomers between 47 and 57 were most likely to embrace tablets. About 36 per cent of the consumers in that cohort said they owned a tablet, which was more than Gen Y (34 per cent) and Gen Z (28 per cent).
- Boomers said they were not yet big users of Netflix, averaging less than an hour on the streaming service a week. Gen Y consumers said they watched a couple of hours of Netflix a week. While the members of Gen Z said they watched almost two and a half hours of the video-streaming service each week.

'tipsforjesus'

No good deed goes un-Instagrammed

Employees at two Ann Arbor, Mich., bars have seen some unusually big tips this year.

The Ann Arbor News reports that in September a $3,000 US tip was left for an $87.98 US bill at Bar Louie and $7,000 US for a $200 US bill at Alley Bar.

The tips are among a number reported around the country in recent months. They're chronicled on the photo-sharing application Instagram using the "tipsforjesus" name. THE ASSOCIATED PRESS

Germany

Two arrested in Bitcoin scheme

German police say they have arrested two people and seized illegally generated bitcoins worth more than 700,000 euros ($950,000 US) in an investigation of computer fraud.

Police say the perpetrators used the processing power of the hacked computers to generate bitcoins, a cryptography-based digital currency. They also are investigating further suspected fraud, violations of copyright law and offences related to the distribution of pornography.

THE ASSOCIATED PRESS

Market Minute

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FASTER THAN YOU CAN SAY 'SHOPPING'

HE SAYS

John Mazerolle
metronews.ca

I've always believed in Santa Claus, because the speed at which he delivers gifts is no faster than the speed at which I buy them.

I shop at a speed that renders me blurry to onlookers.

If there were commandos descending into a mall via zip lines and they saw me entering the store, the first words they would say when their boots touched the ground would be, "Hey, where'd he go?"

Christmas shopping is a necessary Eve-ill, but I treat the mall like it's radioactive and I've left my radiation suit at home. Think of Superman cleaning up his apartment after Lois unexpectedly rings the doorbell — scrubbing his Supershower and hiding his Superporn in a blue-red blur of anxiety.

If you find yourself spending untold minutes at the mall, here are a few pointers I follow to make sure my strategic incursion into the commercial side of the holidays isn't much longer than a holiday commercial.

1) The first step to make Christmas shopping fly by is to **have a plan**. If I write "Buy my brother a Blu-ray he already owns" or "Break a nice ornament for Mom before I leave the parking lot," it makes it that much more efficient when it happens.

It also helps if you make a point of setting aside 4:45 to 5 p.m. on Christmas Eve, so that you're not panicking when shopping time arrives.

2) **Make room for yourself.** Depending on the mood at the mall, being jammed into a sea of zombie-like shoppers can be as terrifying as Night of the Living Dead or as tedious as The Walking Dead. And thanks to terrorism in recent decades, it's no longer appropriate to yell "Bomb!" in a crowded area.

Instead, start your day off with a hearty breakfast of garlic bulbs, baked beans and whole onions and watch those shoppers disperse like they're pepper and you're a bar of soap.

Not willing to wait in a long line? In New Brunswick, Saskatchewan or other rural areas, a seasonal cry of "That store wrote 'Xmas' on their sign! Why do they hate the baby Jesus?" is usually enough for the line to leave in a mob (careful of the torches and pitchforks).

In Toronto, Vancouver or other metropolitan areas, try "My word, is that a Discount Divorce, Yoga and Kale Salon?" Watch for latte splashback as they depart.

3) Don't forget that **the gifts you choose can help speed up the process.** For instance, if your kids aren't worth it, just buy batteries that will help power the toys bought by other relatives.

Or, if you believe in the true spirit of Christmas, why not take the money you would have spent on gifts and spend it on the world's many charities? What child wouldn't be touched to hear that you skipped out on the PlayStation so you could put $500 in the Salvation Army pot? What spouse could argue about vacations when you've spent all the Christmas savings on refugees?

Your whole family will be moved to tears, I guarantee.

This also might be another good time to put the Superman/Santa speed to good use.

You'll believe a man can fly.

ZOOM

Renovation turns things around

STUART C. WILSON/GETTY IMAGES

House is flipped topsy-turvy

A British artist has given the figure of speech "to turn a place upside down" a literal side by making a building topsy-turvy. Alex Chinneck, from London, England, has created an upside-down façade to a derelict building in the centre of the city. The site where the artwork stands dates from 1780 and had been slated for demolition. METRO

Artist's bizarro world

"I enjoy tapping into people's love for the simple pleasures in life, like magic and illusion. There is more to life than survival — there is culture that is uplifting and pleasurable."

Alex Chinneck, artist

Chinneck's previous work was a brick façade in Margate, England, that "melted" off the side of a house. COURTESY STEPHEN O'FLAHERTY

Clickbait

LUKE SIMCOE
Metro Online

If you think Instagram is just a den of food snapshots and "narcissistic" selfies, you're doing it wrong. Here are some users to follow for a glimpse of the photo-sharing site's creative side.

COURTESY @PAYPHONES

@rachelryle:
The recent introduction of video has allowed Rachel Ryle to bring her brand of stop-motion animation to Instagram. Be careful, Ryle's quirky, simple videos can be addictive.

@payphones:
Dan Marker-Moore's account documents the dying days of the public payphone. The concept is simple, but the portraits are carefully composed and possessed of more pathos than you might expect.

@andrewknapp:
If you ever wished Waldo, of Where's Waldo fame, was a dog, then Andrew Knapp's account is for you. Knapp takes pictures of his border collie Momo hiding in the wilds of northern Ontario. How quickly can you spot him? (Hint: Look for the red bandana.)

Comments

RE: Woman Fights Ticket For Driving With Google Glass, published Dec. 3

'Suspicion' of speeding? And after the car was stopped? Are all police, dolts? Sounds to me more like the cop didn't actually have a reason to pull her over in the first place. Having a means of distraction nearby does not mean she was distracted.
jeff200 posted to metronews.ca

How about 'suspicion of being stupid'? Why are drivers going out of their way to find new ways of being distracted?
CCToronto posted to metronews.ca

How about ... the report is probably incorrect in stating 'suspicion of speeding'? She was likely caught for speeding; period. Police won't write a ticket for 'suspicion of speeding' lol! Preposterous.
Koree Em posted to metronews.ca

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Have you seen the guy who looks like Chris Brown? Meet Kid Ink

Can't beat him, so join him. Relatively new-to-the-scene NY rapper has brought Brown into his projects to avoid mix-ups

RICHARD PECKETT
Metro World News in London

Right now in the U.S., there's a rap battle royale between the likes of A$AP Rocky and his mob, Kendrick Lamar, 2 Chainz — and the new contender Kid Ink is soon to join the ruckus. The L.A.-born Ink, like A$AP & co., has gathered a following through YouTube and independent releases such as Up & Away, selling 20,000 copies in its first week. While sales and social media (over 408,000 followers on Twitter) make a steady rise, it's his mistaken identity with R&B bad boy Chris Brown that has been of comical concern. It's an issue he's tackling by bringing his so-called doppelganger closer in his collaboration Show Me, which was released this past September. The 27-year-old Ink — real name Brian Todd Collins — is currently etching his name into the music scape through a European tour and his new album, My Own Lane, which drops on January 7.

Kid Ink is a producer turned rapper — he says rapping has more perks. CONTRIBUTED

Seeing as this is your debut album, is it important the tracks define you and your personality?
Yeah, man. That's the best way to put it really. The track My Own Lane is defining my own lane in the industry. It's a message to my core fans who already rock with me and for me to define Kid Ink to new listeners, so that they're not just basing their judgments off two to three records.

What did you learn from the response to your EP Almost Home? Do you take in the fans' response?
When I release stuff on leaked websites or free music that's when I really get the feedback. I try to make sure I release different stuff and see what people gravitate towards — the EP was definitely to test that out.

What have you learned from your fans?
Um honestly, the biggest thing I've learned is the fans do want to hear me by myself. Some people have that insecurity about whether they need to have a feature on a record.

Do you have that insecurity?
To a certain extent you need a call sign to feel like you're doing more, you're doing better. Sometimes when fans see those features they get a little bit more eager to click and you can feed off that. But my biggest thing is that I like to have features on the hooks: I write songs and write melodies that I want other people to sing.

Why were you keen to be associated with Chris [Brown]?
[Chuckles] Me and Chris worked when I was independent — he hopped on a remix. He was just mad cool and I think when me and Chris are together, people don't compare us as much. Working with Chris has helped me separate myself from him.

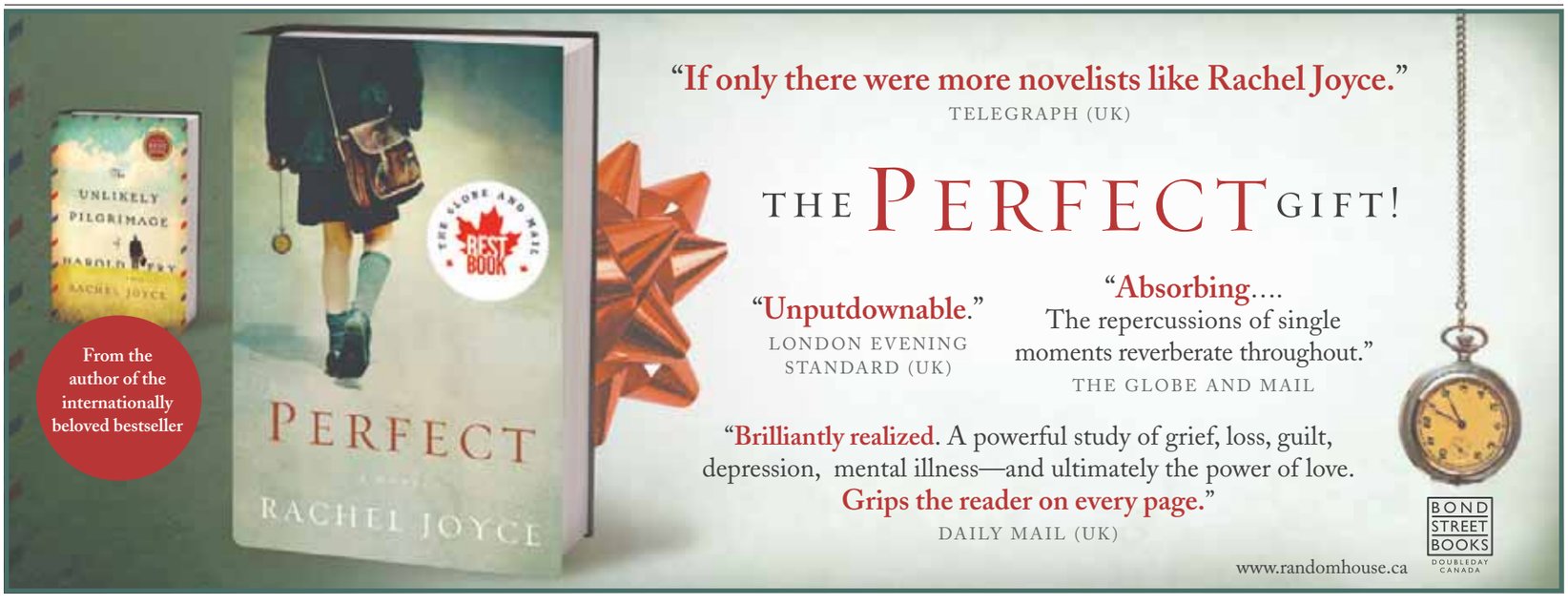
There's been a lot of talk about who is the biggest rapper in New York out of Rocky and Kendrick Lamar. What's your opinion?
[Laughs] Obviously A$AP Rocky is the biggest artist in New York and Kendrick Lamar is the biggest artist in hip hop.

Are you going to take that crown?
If I'm patient and I have some time, that's my plan, man.

You used to be a producer but I'm guessing that there are perks to being a rapper?
Yeah, man [laughs]. Definitely some perks. I meet people who I met as a producer and they don't even remember you.

Art reflects life?

In Kid Ink's song Time of Your Life, he almost gets busted by the police. So, does art reflect reality? Kid Ink laughs. "All the time, man. Nothing major has happened, man. I think the best thing to do is to act like you don't know what's going on. But I don't have to worry about those things in L.A. now I'm a celebrity quote unquote. If I get into trouble, I know how to sweet-talk officers."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Walker was finding his step as a father

Final interview. While promoting new film Hours, actor talked candidly about his own experiences with fatherhood

In his last film, Hours, Paul Walker plays an expectant father. THE ASSOCIATED PRESS

Autopsy report

Fast & Furious star Paul Walker was killed by impact and fire in a crash that occurred while he was a passenger in a Porsche driven by his friend, according to an autopsy released Wednesday. Results of toxicology testing will take another six to eight weeks.

Before his death, Fast & Furious star Paul Walker was drawing parallels between his real-life role as dad to 15-year-old daughter Meadow and his part as an unexpected father to a newborn baby in the upcoming Hurricane Katrina drama Hours.

"I think it definitely helps to have a daughter, but I think if you're a human being and you have love in your heart, you're going to find connective fibers in this," Walker said in a Nov. 14 interview to promote the film. "There's definitely a purity and a truth to it."

Hours stars Walker and Genesis Rodriguez as a couple who rush to a New Orleans hospital after Rodriguez's character goes into early labour. When the hurricane hits the city, Walker's character finds himself stranded in an evacuated hospital with his ailing newborn daughter.

"My baby wasn't planned," Walker said. "I wasn't married, out of wedlock, the whole bit. (I was) finding my step with it. I'm still finding my step. I think you always are. I'm five times the father that I was five years ago. Your head's more in it. Your heart's more in it. You can't force it. You want to be better at it, just something hasn't clicked yet."

Walker starred in all but one of the six Fast & Furious blockbusters. He had been on break from shooting the latest installment at the time of his death on Saturday; Universal Pictures has shut down production of Fast & Furious 7 indefinitely.

THE ASSOCIATED PRESS

Paul Walker's final film is Hours, where he plays a father caught in New Orleans during Hurricane Katrina. CONTRIBUTED

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Affleck Out of the Furnace and back into the limelight

Casey Affleck in a scene from Out of the Furnace. AP PHOTO/RELATIVITY MEDIA

Acting break. Gone Baby Gone star took time out to make I'm Still Here with Joaquin Phoenix and has no regrets

This year marked Casey Affleck's return to the big screen after the Oscar-nominated star took a break from acting for a while. In recent months, his Sundance Film Festival hit Ain't Them Bodies Saints had a slow rollout in select theatres internationally, and this Friday he can be seen in North American cinemas as a struggling Iraq war vet in Out of the Furnace.

The projects come three years after Affleck released his directorial effort, the controversial mockumentary I'm Still Here, in which a dishevelled Joaquin Phoenix pretended he was quitting his Oscar-nominated acting career to become a hip-hop artist.

The film was maligned for duping audiences into thinking it was real, and Affleck admits "it was risky in its style" and also a risk for his own acting career as it "sucked up a good deal" of his time and kept him from doing onscreen projects.

"You take a break in Hollywood, you don't act in something for a couple of years, people just forget about you.

That's a lifetime in Hollywood almost, so it's hard to bounce back from that," said the 38-year-old, who got an Oscar nomination for his supporting role in 2007's The Assassination of Jesse James by the Coward Robert Ford. That's not to say he regrets making I'm Still Here.

"I mean, regret seems pointless," Affleck said in a recent telephone interview. "It's not a useful emotion really, although it's always there sort of lingering around. If you're willing to go sit on the stoop with regret, it'll hang out with you, but it's a waste of time.

"So it didn't perform that well, but neither did Jesse James, and I love that movie. So often movies don't perform well," he added. "Life goes on, you know. I feel pretty blessed to just be doing this.

"And look at me now, you know, I get to work with Christian Bale, Scott Cooper and Forest Whitaker and Woody Harrelson and on and on and on. What could be better?."

Affleck was referring to the all-star team behind the gritty drama Out of the Furnace, which is directed by Cooper, who helmed and co-wrote the 2009 Oscar-winning film Crazy Heart. Cooper also co-wrote the "Out of the Furnace" script with Brad Ingelsby. Producers include Leonardo DiCaprio and Ridley Scott.

Bale stars as Russell Baze, a hard-working steel mill employee in poverty-stricken Braddock, Penn., during the 2008 economic downturn.

Affleck deftly plays his troubled younger brother, Rodney, an Iraq war vet who can't find work when he returns home from duty. Indebted to shady characters, he turns to gambling and underground fighting to make a quick buck, forcing his brother to look out for his wellbeing.

Harrelson brings chills as Harlan DeGroat, vicious leader of a backwoods crime ring in the New Jersey Ramapo Mountains. Whitaker plays a cop. Other cast members include Willem Dafoe as a bookie, Zoe Saldana as Russell's girlfriend and Sam Shepard as the brothers' uncle. Affleck said he did research into post-traumatic stress disorder, which afflicts his character. He also watched documentaries and spoke with war vets.

He also trained to get in the right physical shape for his fighting matches. Affleck will be seen onscreen again in the new year, when Christopher Nolan's star-packed sci-fi drama Interstellar hits theatres. THE CANADIAN PRESS

Childhood friends make sweet pop music

Phantogram. A youth spent in upstate New York cultivated the eclectic musical tastes of Sarah Barthel and Josh Carter

ALEXANDRA CAVALLO
Metro World News in New York

Most people are lucky if they still keep in touch with their childhood best friend, much less still hang out with them. Sarah Barthel and Josh Carter (who have been friends since attending middle school in a tiny, bucolic upstate New York town) not only still hang — they work together, making dreamy, fuzzed out electro-pop as Phantogram.

They've channeled the easy chemistry born of their longtime friendship into their new self-titled EP, which is alternately infectious and haunting, and oftentimes both. "Being friends for so long, there's some kind of magical power behind that," says Carter.

These days, their bedroom project has turned into a full band, for which they handpicked the new members.

"The drummer, Chris Carhart, was a friend of Sarah's. I was a little apprehensive, because we tried out 15 different drummers and she was like 'what about my buddy Chris?' And I said, 'I don't know, he probably sucks because he's your friend,'" Carter says. (Barthel laughs).

They were understandably apprehensive about inviting new personalities into their fold, but that quickly faded.

"It's actually awesome. When we first hired a drummer to tour with us it was kind of weird because we were used to touring and playing shows as a duo," says Carter.

"So that was a minor adjustment. But now we have four people on stage altogether and the dynamic is kick-ass."

A boy, a girl, a band. Phantogram. CONTRIBUTED

The pair's teen influences range from Beastie Boys and Public Enemy (his) to Sisqó and 'N Sync (hers).

"I don't know how that flew under the radar with my mom. The first Beastie Boys record, my mom was like, what the heck!" Carter says.

"Beck was the first concert I went to, and I really like him a lot. I was lucky enough to have a really cool older brother, this hip guy that's into all this indie music. So I got exposed to My Bloody Valentine at a young age, and Sonic Youth, when everyone else my age only knew FM radio."

"I was always so jealous of all the cool music he was exposed to in his house and from his family," Barthel jumps in.

"His parents would listen to The Beatles and Pink Floyd and lots of jazz. My first concert was New Kids On The Block.

"And it was f—ing awesome! Donnie fell through the stage. We all thought it was supposed to happen, but I guess he didn't mean to fall through the stage. He was my favourite New Kid, so I was really upset."

Carter ribs her inaudibly and she laughs at herself. These lifelong friends must really live it up on the road, right?

"Usually we just get super pumped on Redbull and play hacky sack, dance around in our JNCOs," Carter deadpans.

[Editor's note: We're pretty sure they do not wear JNCO jeans while on tour, or ever. But if they do, that's awesome.]

Quoted

"I was always so jealous of all the cool music he was exposed to in his house and from his family," Barthel jumps in. "His parents would listen to The Beatles and Pink Floyd and lots of jazz."

Sarah Barthel on her bandmate

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New Girl creator shares her voice with Metro

Staying funny. Liz Meriwether has a lot to juggle in her job — but awards don't lie, she's doing great

ALEX KHATCHADOURIAN
Metro World News in New York

Even with three seasons, five Emmy nominations and millions of viewers tuning in to New Girl every Tuesday, show producer/writer Liz Meriwether says her job hasn't gotten any easier. In fact, if anything, it's only gotten more challenging.

Besides performing the difficult and never-ending dance of keeping hundreds of people happy — co-showrunners and writers, the studio, the network — Meriwether also works tirelessly to make sure the voice of New Girl remains her own.

Can you tell us about the episode where Coach and Cece go on a date? How did you decide to go in that direction with those characters?
Well, this is something that obviously causes a fair amount of stress for Schmidt. We thought it was sort of interesting to have this new character come in and not really understand the back story between her and Schmidt, just swoop in and take her out on a date. But, I'm not sure if the Cece-Coach relationship is going to go forward; it might have just been this one date. I think that Cece just wants to get back out there and go out on a date with a really hot guy. I think that's what's going on in her head. It was really fun to shoot them together — they have a really great chemistry. Plus they are both just gorgeous, you know, it's fun to just watch them onscreen.

How long will Damon Wayans Jr. be on the series?
Damon is with us for the rest of the year, which is really exciting. We are so happy to have him back. He just fits in perfectly.

So we know Damon is signed on till the end of the year, but more importantly, what about Ferguson [the cat]?
Well it's funny, because in the next episode there is this date between Cece and Ferguson and it goes really well. I'm kidding, I don't know; I don't have an ending for Ferguson right now. He is the cutest thing. We all kind of fell in love with him and we actually have to hold ourselves back from writing him into so many episodes because we don't want any Ferguson fatigue. I love Winston's relationship with him. There is sort of an important plot development where Winston realizes he needs to take a step back from Ferguson because their relationship maybe has gotten a little too intense.

Well the storyline says he goes missing.
Yeah, he goes missing and that kind of leaves Winston to blame and makes him take a step back from Ferguson. Nick thinks that Winston has taken himself out of the game with women because he's gotten too into the cat. Nick just wants to help him.

With Jess and Nick it seems like you have written it so they don't go that typical TV relationship path. Can you talk about how it is to write their parts now, in a relationship, as opposed to before when they weren't together?
As someone who doesn't have a lot of experience with happy relationships, it's sort of interesting for me to write them. We didn't want to have them breaking up every five minutes. We really wanted to invest in their relationship and see what would actually happen between them. It's definitely changed the DNA of the show a little, but I think it's important for a show to keep changing and growing and evolving so that it feels real and what would really happen to these people.

The cast of the New Girl is always up for laughs. CONTRIBUTED

Actor to writer

Liz Meriwether is a great writer, but did she ever dream of being an actor?

- "In college I did a lot of acting, and started writing in the midst of that, just because I saw writing as an extension of acting and creating stories for characters. I think my experience really informs how I write. I try to think about the actors and what their strengths are and then write to those strengths. I think there are a lot of jokes that are dependent on the performance."

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OUR TAKE ON THE WORLD OF CELEBRITIES

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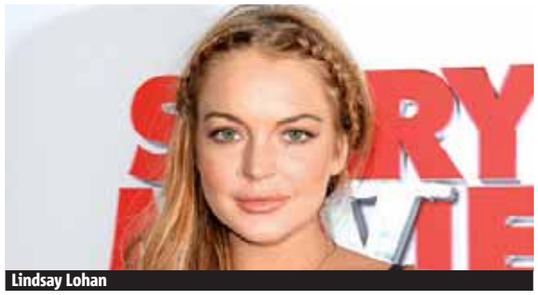
@PamelaDAnderson
I love tea. No more coffee for me.



Lindsay Lohan

Lindsay content for now to play with her boy toys

Lindsay Lohan reportedly turned heads at a New York nightclub recently when she cozied up to Michael Neeson, the 18-year-old son of actor Liam Neeson, according to Page Six. "Lindsay was seen leading him into the women's bathroom, hand in-hand," a source says. "Lindsay seems to have a thing for younger men at the moment." Lohan has also been linked in recent months to 19-year-old model Liam Dean, who apparently got to witness the whole thing. "The odd thing was that Dean was with them all night, even though Lindsay had been seeing him, too." Neeson's publicist denied the story.

The Word

Beyoncé and Jay-Z plant their feet for diet challenge

Jay-Z and Beyoncé are officially going vegan until Christmas, the rapper announced on his Life and Times blog. "Psychologists have said it takes 21 days to make or break a habit. On the 22nd day, you've found the way," he wrote. "One day before my 44th birthday, I will embark on a 22 Days challenge to go completely vegan, or as I prefer to call it, plant-based." He also confirmed that Beyoncé "is also joining me" on his "spiritual and physical cleanse" of sorts. "I don't know what happens after Christmas," he admitted. "A semi-vegan, a full plant-based diet? Or just a spiritual and physical challenge? We'll see."

Chris Hemsworth

There's a reason that Thor kiss was so passionate

If the lip-lock between Chris Hemsworth and Natalie Portman at the very end of Thor: The Dark World seems awfully intense, that's because it wasn't actually Portman. The Oscar-winning actress tells the New York Daily News that Hemsworth's wife, Elsa Pataky, donned a wig and filled in for Portman for the scene. "It was for re-shoots, and he was working in Hong Kong and I couldn't get there because I was working on my own film," Portman explains. "And so they put his wife in my wig and costume. That's why it was so passionate."

Tom Daley ALL IMAGES GETTY

Daley's boyfriend isn't just anyone, you know

British Olympic diver Tom Daley announced this week that he has been dating a man for most of this year, but it turns out it isn't just any man. Daley is reportedly dating Oscar-winning screenwriter Dustin Lance Black, according to E! News. The pair was spotted grabbing coffee together in L.A. in October. Black, who won his Academy Award for his script for Milk, is set to direct his next film, The Statistical Probability of Love at First Sight, next spring in London, coincidentally.

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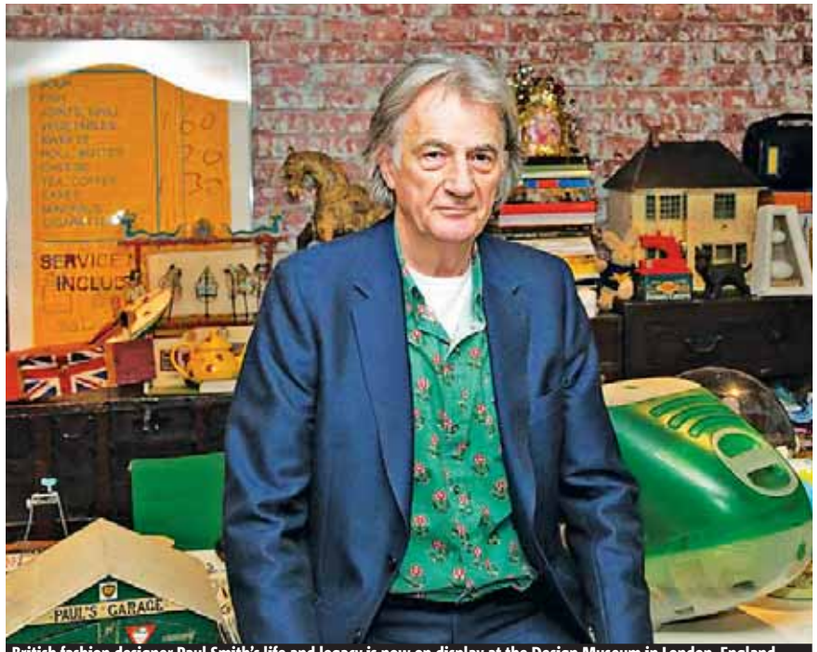
Entrepreneur and a gentleman

Paul Smith speaks. The avuncular 67-year-old combines the eager to please affability of a local shopkeeper with the corporate know-how of a global empire proprietor

RICHARD PECKETT
Metro World News



British fashion designer Paul Smith's life and legacy is now on display at the Design Museum in London, England.
HANDOUT

Paul Smith is flitting between an official photographer and a gaggle of student iPhone snaparazzi at a new exhibition, Hello, My Name Is Paul Smith, at the Design Museum in London.

Sir Paul — a title he almost declined — excels at being a man of the people (politicians, take heed). While I'm waiting for my interview, groupies swarm to a gracious welcome — gosh, even toddlers get a hug.

The designer eschews the pretension of high fashion for humanism, a style that's clear in the exhibition's homely curation: fine art pieces flank knick-knacks from fans. Just don't call it a retrospective: "I've got enough stuff for four or five separate exhibitions," he admits.

When was the last time you wore something that wasn't designed by you?
[Laughs] 18. Although, if I'm on holiday and it's suddenly cold and I haven't got a sweater, I might buy a classic cashmere or something.

Do you feel guilty wearing other designers?

Closet caper

"I just like my stuff. I steal it from downstairs; I nick it from the shops."
Paul Smith

No, I just like my stuff. I steal it from downstairs; I nick it from the shops.

They're trying to find the samples...
... And I'm the one who has got them all.

You mentioned before that there is a level of pretentiousness and rudeness within the industry. You'd expect young people to put in the hard graft and work their way up. How do you feel about unpaid internships?
We've never encouraged unpaid internships. We get three, four, five requests a week for work placements. The best we can do these days is say, "Why don't you come for an afternoon or day?"

So you don't let people do weeks at a time?
No, no.

How do you feel about other designers doing that kind of thing?
Well, I think there is a history of it that goes back 20 or 30 years. When people are starting out, it's supposed to be an honour to work but I'm not really sure about that.

Did you ever want to be famous?
No. In this environment here, you expect people to know who you are, but when I walk down the street luckily I'm not a famous face, so thank goodness for that.

I noticed when I walked into the exhibition that your first shop was tiny. It's like a changing room.
I know. It was meant to be a shop! There was a curtain at the top of some stairs to a tiny changing room. The point of that exhibit is to show that you can start in a way that is considered very humble and then you can grow...

You're not keen on email and computers in general. Do you think that being immersed in technology kills the creative side?
Personally, I'm not into it but I understand it. If you walk outside my room in Covent Garden there are four young ladies that help me: the PA and secretaries get about 600 emails a day, so I'm very IT savvy, as is the whole company. Personally I find that the use of my own eyes, my photography, my notes, works for me – but each to their own. It's about balance.

You said before of the runway, "It's £500,000 on 14 minutes." Does it seem a bit ridiculous?
Absolutely. Unfortunately, it's very much part of the process. A lot of the younger designers — and this is another reason for making this exhibition so down to earth — think that's what it's about: a fashion show and about twenty shops or whatever. Actually, it's only a tiny part of the process. Even if you have the best fashion show in the world but you don't make the clothes beautifully at the correct price and deliver on time and get paid, then it's all a bit of a waste of time.

Would you prefer to do a small salon show?
I would love to do a small salon show again. I used to: my first showroom was in a bedroom and my first show was in my friend's apartment in Paris.

Canadian street style

Spotted in: Vancouver

Name: Sophie

Age: 41

Occupation: TV production manager

What she's wearing
Jacket from Zara, denim vest from H&M, sweater from Gap, bag from Red Flag Design (local), scarf is gifted, jeans from Topshop, sunglasses from Arc Clothing, boots from Gravity Pope.

Her inspiration
"My style is casual and on-the-go. I like versatility in my outfit — something I can wear to the office and go on a night out after."

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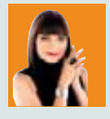

JEANNE SPACE
Jeanne Beker
life@metronews.ca

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Did you know Brussel Sprouts grew on stalks?!!! Delectable veggies by culinary master @Vivian_Reiss

Pining for the scent of a holiday tree

Nothing smells better than when a fresh-cut tree arrives in the house for the holiday season. Sadly, the scent quickly disappears, but there are a variety of ways to re-create it. If you're using an artificial tree this year, you'll want to pick up one (or two) home fragrance options. By layering a few of these, you'll transport yourself into a winter forest. I've sniffed and tested many of the options, and here are the winners.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Best air spray

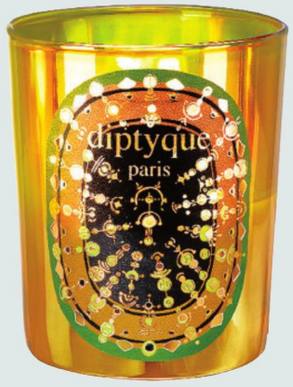
Keep a can near the front door and spritz just before guests arrive. Thymes Home Fragrance Mist, Frasier Fir scent, $18, thymes.com.

Best reeded diffuser

Place diffusers in open areas like foyers or the corner of the living room. Fruits & Passion Decorative Diffuser Set, Boreal Fir scent, $28.50, fruits-passion.ca.

Best candle

The royal family of scented candles, infused with rich oils. Diptyque candle in glass, Pine Bark scent, $75, Holt Renfrew.



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Safer than a candle but with all of the warm-wax smell. Glade Wax Melts Warmer; $12, Sparkling Spruce scented Wax Melts, $3, glade.com.

Best fragrance oil

Oils can be dabbed anywhere around the house for a subtle scent. Crabtree & Evelyn Home Fragrance Oil, Windsor Forest scent, $9, crabtree-evelyn.ca.

ISTOCK

Get the most out of your home fragrances

- Layer the scent of fresh-cut trees by using a variety of brands and applications. That will create a realistic fragrance throughout the house.
- Dab fragrance oils in discreet places, such as on felt tree ornaments, inside a bathroom tissue roll or on cotton swabs stored in closets.
- Place a diffuser near an air-intake vent so as to distribute the scent throughout the entire house.

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This recipe serves eight to 10 people. DAIRY FARMERS OF CANADA

Crab and Ricotta Mousse: 'Tis the season for creative appetizer ideas

Looking for a classy appetizer idea to whet your guests' palates? Try this Crab and Ricotta Mousse, which is equally delicious with shrimp instead of crab. The mousse can also be moulded in a terrine and served sliced.

1. Pour lime juice into a small bowl and sprinkle with gelatin. Let stand 5 minutes to soften, then add 2 tbsp (30 ml) boiling water to dissolve gelatin.

2. Place celery, parsley, cilantro, green onion and lime zest in a food processor. Process until finely chopped.

3. Add half the crabmeat, the paprika and Ricotta. Process until well combined, add gelatin and season with salt and pepper.

4. To mould the mousse, use a muffin pan or individual moulds (ramekins). Line inside of moulds with plastic wrap or parchment paper to make unmoulding easier.

5. Pour mousse into moulds. Cover loosely and refrigerate until set, about 2 hours.

6. To unmould muffin pan, invert over a baking sheet, remove plastic wrap and place on plates. To unmould ramekins, invert each over plates and remove plastic wrap.

7. Garnish with remaining crab, panko bread crumbs and cilantro.

DAIRY FARMERS OF CANADA (ALLYOUNEEDISCHEESE.CA/GRANDPRIX)

Ingredients

- 2 tbsp (30 ml) lime juice
- 1 envelope unflavoured gelatin
- 2 tbsp (30 ml) boiling water
- 2 stalks of celery, coarsely chopped
- 1/4 cup (60 ml) fresh parsley leaves
- 2 tbsp (30 ml) fresh cilantro leaves
- 1 green onion, coarsely chopped
- 1 tsp (5 ml) lime zest
- 8 oz (225 g) crabmeat, drained, divided
- 1/4–1/2 tsp (1–2 ml) smoked paprika, mild or spicy
- 10 oz (300 g) Quality Cheese Ricotta
- Salt and freshly ground pepper
- 1/4 cup (60 ml) panko bread crumbs
- Cilantro

For your phone

Great British Chefs Kids Christmas (iPad/iPhone; free)

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Pricing in effect Thursday, December 1 to Sunday, December 8, 2013. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. We reserve the right to limit quantities. GST is extra where applicable.

By keeping a few basics in mind, hosts can help to ensure a safe and positive experience for everyone, including designated drivers. LLASZLO/SHUTTERSTOCK

Show appreciation to designated drivers

For those who love to entertain, the holidays are a much anticipated opportunity to be the gracious host of a great party. Inviting friends and family to a festive night out is a form of giving and a way to show we care.

But the tone can turn sour if the host suddenly has to play "the heavy" when a guest has had too much to drink, especially if that guest is planning to drive.

What does a caring host to do? One solution is to fill your guest list with designated drivers.

As it is with many circumstances, prevention is the best remedy. Hosts who want to relax and worry less about consequences at their party can encourage guests ahead of time to volunteer as a designated driver.

By keeping a few basics in mind, hosts can help to ensure a safe and positive experience for everyone, including the designated drivers, as follows:

- Advance planning is key — ask guests to volunteer well before the party.
- Let everyone know you will serve alcohol-free drinks.
- Ask those who plan to drink to leave their vehicles at home.
- Remind volunteers that a designated driver abstains from alcohol.
- Keep the inconvenience to designated drivers to a minimum by matching them with passengers who live close to their home. Tell them you will ask someone else to take a turn driving next time.
- Personally thank designated drivers for helping to keep our roads safe.

Taking the time to show appreciation to those who volunteer is especially important. A recent research report by Ipsos Reid, commissioned by Budweiser (called Designated Driving: A New Generation Comes Of Age) underscores the fact that recognition of designated drivers is key to encouraging more people to take on the role. Among those surveyed — adults of legal drinking age to 34 years old — the majority agreed that designated drivers don't get enough credit, and 85 per cent agreed that if designated drivers received more credit for what they do, more people would volunteer to be one. **NEWS CANADA**

Being a host comes with responsibilities to your guests. ALAN BAILEY/SHUTTERSTOCK

Hosts. Ensure the safety of your guests

A lot of preparation goes into a memorable holiday party. It starts slowly with sending out invitations and dusting off the decorations days or weeks ahead of time, then gains speed from grocery shopping all the way through to placing the final sprig of parsley on the canapés.

After all the hustle and bustle, it's tempting to think the prep is over when the first guest arrives at the door, but seasoned hosts know the doorbell signals that the next round of planning is just beginning.

Here are a few tips to help hosts with the in-party planning:

- Offer alcohol-free drinks. Remind volunteers that a designated driver abstains from alcohol.
- Recognize the signs of intoxication in your guests such as fast/slow/loud/slurred speech, the physical clumsiness or lack of alertness, tiredness, red eyes or heavy eyelids.
- Explore the options. Assign a sober companion to get the guest home safely. Call a friend or relative to pick up the guest, or provide them with money for a taxi.

NEWS CANADA

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NHL

Canadiens sweep home-and-home series with Devils

David Desharnais scored the tying goal with 37 seconds left in the third period and added a goal in the shootout and the Montreal Canadiens rallied for a 4-3 victory over the New Jersey Devils on Wednesday.

Lars Eller also scored in the third period and the shootout for the Canadiens, who also beat the Devils in Montreal on Monday night.

THE ASSOCIATED PRESS

NFL

Steelers coach's sideline shuffle proves costly

Steelers coach Mike Tomlin's ill-timed two-step has cost him $100,000 and could cost his team a pick in next year's draft.

The league fined Tomlin $100,000 on Wednesday for nearly colliding with Baltimore's Jacoby Jones during a kickoff return on Thanksgiving.

THE ASSOCIATED PRESS

MLB

Red Sox begin revamping club

Jacoby Ellsbury went to the New York Yankees.

Jarrod Saltalamacchia is gone, too.

The Boston Red Sox began rebuilding for their World Series title defence Wednesday when they signed free-agent catcher A.J. Pierzynski to a one-year contract. THE ASSOCIATED PRESS

Sochi in sight for top teams at Roar

Curling. Jacobs, Martin set to duel for direct path to final at Olympic curling trials

Edmonton skip Kevin Martin throws as second Marc Kennedy, left, and lead Ben Hebert sweep during Draw 10 against John Epping at the Roar Of The Rings on Wednesday afternoon in Winnipeg. JOHN WOODS/THE CANADIAN PRESS

One more win and Kevin Martin's dream of curling in another Olympics is a lot closer to reality.

The veteran Edmonton skip has been to three, winning silver in 2002 and gold in 2010.

Martin and co-leader Brad Jacobs will face off Thursday at the Olympic trials and one of them will take sole possession of first place, with the bonus of a free ride into the men's final Sunday.

"I really would love to get to one more Olympics and you know we have a shot at it," Martin said after disposing of John Epping 9-5 in nine ends Wednesday.

"But we have to play really well and we have to somehow get to that final game Sunday and we've got a long way to go to get there."

John Morris suffered just his second loss, dropping 8-6 to Jacobs after running out of rocks in 10. Morris made a game of it, scoring two and stealing two to tie it up going into nine.

Despite a couple of mistakes, Jacob's foursome out of Sault Ste. Marie, Ont., shook it off, scored two in the ninth and showed why they've won five straight. And winning Thursday is just as much in their sights for the straight path to the final it offers.

"You're already in the final," said Jacobs. "You've got one more game to go and you're in the Olympics. We know what's on the line tomorrow and we're up to the challenge."

Three losses was considered a tough sell to make the playoffs, but it's not impossible at the Tim Hortons Roar of the Rings.

Jeff Stoughton already has three but he didn't add to the number with a 10-6 win over winless Kevin Koe in eight ends. Then Glen Howard drew to the button to beat Mike McEwen 6-5.

McEwen joined Howard and Stoughton at 2-3 while Epping fell to 1-4 and Morris sits alone at 3-2.

Stoughton knows his odds are very slim to make the playoffs but at least the tight race below the leaders leaves him some hope.

"Oh, definitely it's a long shot," he said. THE CANADIAN PRESS

Holding out hope

"One of us is going to have three (wins).... Who knows, but we at least get to think that we still have a chance."

Jeff Stoughton, who plays the other Winnipeg men's rink in the trials, skipped by Mike McEwen, in the evening draw Thursday.

Women's action

Veteran Jennifer Jones clinched a spot in the finals of the Canadian Olympic curling trials, with a 7-6 victory over Rachel Homan on Wednesday night.

- Winnipeg's Jones, a four-time Canadian champion, upped her record to 5-1 when she stole a point in the 10th end.

4 SPORTS

Lindsey Vonn reacts in the finish area following her training run for the women's World Cup downhill ski event on Wednesday at Lake Louise. JEFF MCINTOSH/THE CANADIAN PRESS

Vonn hopes 'Lake Lindsey' proves kind

Skiing. U.S. star back on the slopes at one of her favourite downhill destinations

Lindsey Vonn needs the confidence that Lake Louise gives her more than ever.

The U.S. ski star has won a record 14 World Cup ski races at the resort, but Vonn wasn't yet certain after Wednesday's training run she's ready to race at Lake Louise this year.

Downhill races are scheduled for Friday and Saturday followed by a super-G on Sunday.

The reigning Olympic women's downhill champion completed her first official training run for a World Cup race since crashing and tearing ligaments in her right knee at the world championships in February.

Vonn then partially tore one of those reconstructed ligaments while training in Copper Mountain, Colo., two weeks ago.

So the 29-year-old admitted feeling nervous in the start hut Wednesday in a place she's so dominant that it's nicknamed "Lake Lindsey."

"Of course a little bit nervous," Vonn said. "Really happy to be back. First training run, first kind of real race situation since February, so it's been a long time and I'm really happy.

"Knee feels good, feels stable and just kind of play it by ear tomorrow and make a decision on the race."

Carolina Ruiz Castillo of Spain was fastest in training in one minute, 57.40 seconds, followed by Germany's Maria Hoefl-Riesch and Slovenia's Tina Maze in third. Vonn was 2.13 seconds back of Castillo in 22nd.

Larisa Yurkiw of Owen Sound, Ont., is the lone Canadian and was 25th.

THE CANADIAN PRESS

Knee's got needs

"The biggest thing is making sure there's no swelling so the quad can react and fire appropriately."

Lindsey Vonn, on what she's watching for from her right knee after training on Wednesday at Lake Louise

CFL

Bombers poach O'Shea from Argos

The Winnipeg Blue Bombers are taking that first letter in CFL very seriously, naming Canadian Mike O'Shea as their new head coach on Wednesday. He was the special teams co-ordinator with the Toronto Argonauts.

THE CANADIAN PRESS

NBA

Pacers get back to defensive ways with win in S.L.C.

Paul George scored 19 points and the Indiana Pacers returned to their defensive ways in beating the Utah Jazz 95-86 on Wednesday. Lance Stephenson scored 15 points for the Pacers. THE ASSOCIATED PRESS

Trouble in Toronto

"It has been a challenged market there."

Russ Brandon, president of the Buffalo Bills, on the team's series of games played in Toronto. Brandon stopped short of saying the team would consider or be allowed to opt out of the four remaining years of the Bills in Toronto deal, which they renewed in January with Rogers.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	27	18	7	2	75	55	38
Montreal	29	17	9	3	80	62	37
Detroit	29	14	8	7	81	79	35
Tampa Bay	27	16	10	1	76	67	33
Toronto	28	14	11	3	77	77	31
Ottawa	28	11	13	4	82	92	26
Florida	28	7	16	5	61	95	19
Buffalo	28	6	20	2	48	85	14

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	29	19	9	1	89	66	39
Washington	28	14	12	2	83	82	30
NY Rangers	28	14	14	0	62	71	28
Philadelphia	28	13	13	2	63	68	28
New Jersey	29	11	12	6	64	71	28
Carolina	28	11	12	5	61	79	27
Columbus	28	11	14	3	68	80	25
NY Islanders	28	8	15	5	74	96	21

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	29	20	5	4	105	80	44
St. Louis	26	18	5	3	91	60	39
Colorado	25	19	6	0	76	52	38
Minnesota	29	16	8	5	70	67	37
Dallas	26	13	9	4	74	76	30
Winnipeg	29	13	12	4	78	82	30
Nashville	28	13	12	3	63	78	29

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	27	19	3	5	96	62	43
Anaheim	30	18	7	5	93	80	41
Los Angeles	29	18	7	4	76	62	40
Phoenix	27	16	7	4	91	86	36
Vancouver	30	15	10	5	80	78	35
Calgary	26	9	13	4	70	93	22
Edmonton	29	9	18	2	75	101	20

Note: 2 points for a win, 1 point for overtime loss.

Wednesday's results
Montreal 4 New Jersey 3 (SO)
Philadelphia 6 Detroit 3
Phoenix at Calgary
Tuesday's results
San Jose 4 Toronto 2
Phoenix 6 Edmonton 2
Vancouver 3 Nashville 1
Ottawa 4 Florida 2
Carolina 4 Washington 1
Columbus 1 Tampa Bay 0
Pittsburgh 3 NY Islanders 2 (OT)
Dallas 4 Chicago 3
Los Angeles 3 Anaheim 2 (SO)
Thursday's games
All times Eastern
Dallas at Toronto, 7 p.m.
San Jose at Pittsburgh, 7 p.m.
NY Rangers at Buffalo, 7 p.m.
Winnipeg at Florida, 7:30 p.m.
Boston at Montreal, 7:30 p.m.
Ottawa at Tampa Bay, 7:30 p.m.
Carolina at Nashville, 8 p.m.
NY Islanders at St. Louis, 8 p.m.
Chicago at Minnesota, 8 p.m.
Colorado at Edmonton, 9:30 p.m.
Friday's games
San Jose at Carolina, 7 p.m.
Minnesota at Columbus, 7 p.m.
Detroit at New Jersey, 7 p.m.
Anaheim at Chicago, 8 p.m.
Colorado at Calgary, 9 p.m.
Phoenix at Vancouver, 10 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	15	23	38
Malkin, Pgh	7	30	37
Kane, Chi	16	16	32
Getzlaf, Ana	14	18	32
Tavares, NYI	11	21	32
Steen, StL	20	11	31
Perry, Ana	16	15	31
Ovechkin, Wash	21	9	30
Zetterberg, Det	11	19	30
Thornton, SJ	5	25	30
Kunitz, Pgh	14	14	28
Couture, SJ	10	18	28
H. Sedin, Van	7	21	28
Karlsson, Ott	7	20	27
Ryan, Ott	14	12	26

Wednesday's games not included

MLS PLAYOFFS

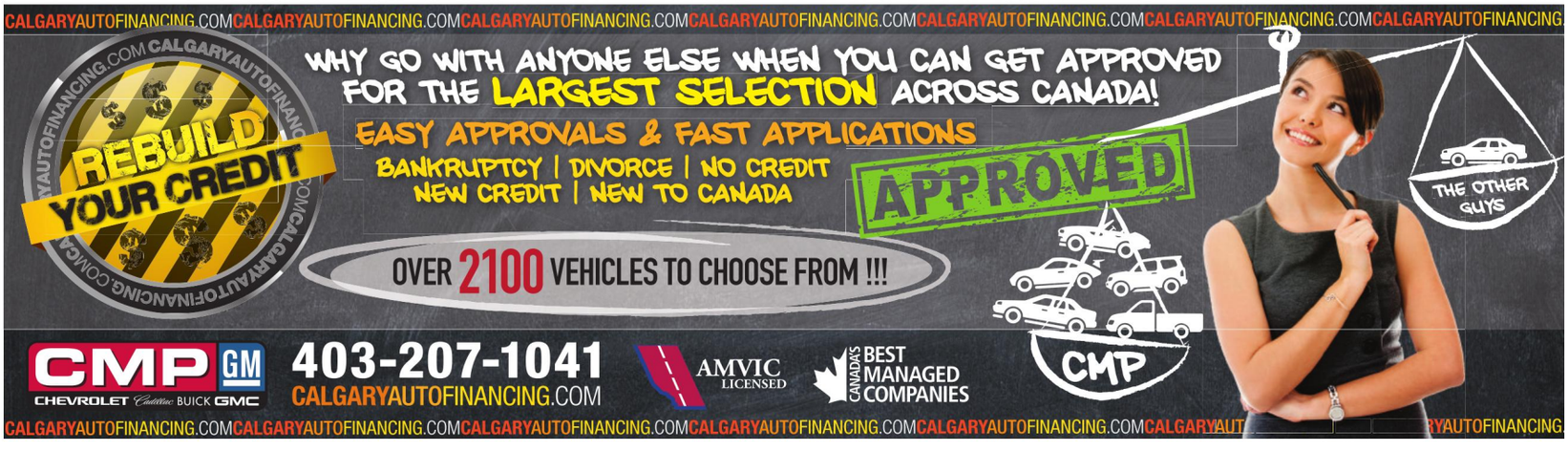
MLS CUP
Saturday's game
Kansas City vs. Salt Lake, 4 p.m., EST

NFL

Thursday's game — All times Eastern
Houston at Jacksonville, 8:25 p.m.
Sunday's games
Kansas City at Washington, 1 p.m.
Minnesota at Baltimore, 1 p.m.
Buffalo at Tampa Bay, 1 p.m.
Oakland at N.Y. Jets, 1 p.m.
Miami at Pittsburgh, 1 p.m.
Cleveland at New England, 1 p.m.
Indianapolis at Cincinnati, 1 p.m.
Atlanta at Green Bay, 1 p.m.
Detroit at Philadelphia, 1 p.m.
Tennessee at Denver, 4:05 p.m.
N.Y. Giants at San Diego, 4:25 p.m.
Seattle at San Francisco, 4:25 p.m.
St. Louis at Arizona, 4:25 p.m.
Carolina at New Orleans, 8:30 p.m.
Monday's game
Dallas at Chicago, 8:40 p.m.

NBA

Wednesday's results
Atlanta 107 L.A. Clippers 97
Phoenix 97 Houston 88
Dallas 100 New Orleans 97
Indiana 95 Utah 86
Cleveland 98 Denver 88
Detroit 105 Milwaukee 98
San Antonio vs. Minnesota, ppd.
Oklahoma City at Portland
Tuesday's results
Philadelphia 126 Orlando 125 (2OT)
Denver 111 Brooklyn 87
Boston 108 Milwaukee 100
Detroit 107 Miami 97
Memphis 110 Phoenix 91
Dallas 89 Charlotte 82
Oklahoma City 97 Sacramento 95
Golden State 112 Toronto 103
Thursday's games — All times Eastern
New York at Brooklyn, 7 p.m.
L.A. Clippers at Memphis, 8 p.m.
Miami at Chicago, 9:30 p.m.
Friday's games
Philadelphia at Charlotte, 7 p.m.
Milwaukee at Washington, 7 p.m.
Denver at Boston, 7:30 p.m.
Orlando at New York, 7:30 p.m.
Cleveland at Atlanta, 7:30 p.m.
Golden State at Houston, 8 p.m.
Oklahoma City at New Orleans, 8 p.m.
Toronto at Phoenix, 9 p.m.
Utah at Portland, 10 p.m.
L.A. Lakers at Sacramento, 10 p.m.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Horoscopes

♈ Aries
March 21 - April 20
A friend you have not seen for a while will come back into your life today, tomorrow or over the weekend. This time, when you say farewell, promise to stay in touch — and mean it.

♉ Taurus
April 21 - May 21
What you focus your attention on today will seem more important than it is, so make sure you focus on positive things. Your mind is a powerful tool and can create happiness as easily as it creates sadness.

♊ Gemini
May 22 - June 21
Partners and loved ones will be full of themselves today and you may find it hard to get a word in edgeways. Give the impression you are listening, even if your mind is far away.

♋ Cancer
June 22 - July 23
You have much to do over the next 24 hours, so start early and don't expect to get home until late. When your head hits the pillow, put all the worries of the day behind you. Tomorrow will be as trying. Get some rest.

♌ Leo
July 24 - Aug. 23
Mercury, planet of communication and the mind, joins the Sun in the most creative area of your chart today. What does that mean? You must let the world know your achievements — of which there are plenty.

♍ Virgo
Aug. 24 - Sept. 23
What happens today, tomorrow and over the weekend may look chaotic but if you cross your eyes slightly, you will see there is a pattern. Never doubt that your life is moving in the right direction.

♎ Libra
Sept. 24 - Oct. 23
The more you are on the move the today, the more likely it is you'll meet people who bring a smile to your face. What could be more important than that?

♏ Scorpio
Oct. 24 - Nov. 22
You will, as usual, get your way today and you will, as usual, win whatever battle of words and wits you are involved in. But, just because you win does not mean you are right.

♐ Sagittarius
Nov. 23 - Dec. 21
If you are not doing so already, you should be making big plans. Cosmic activity in your birth sign indicates that the more things you start the more you will accomplish and the more fun you will have.

♑ Capricorn
Dec. 22 - Jan. 20
It may seem as if you are being held back by circumstances beyond your control but is that true? The planets indicate it's likely that you're putting mental obstacles in your path that have no reason being there.

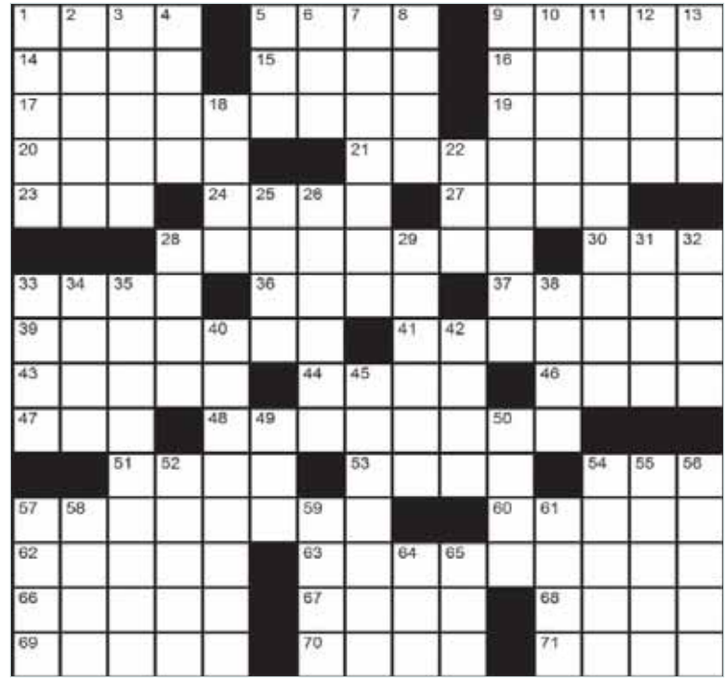
♒ Aquarius
Jan. 21 - Feb. 19
Friendships and social activities are under excellent stars but why wait for other people to make things happen? Get out and make them happen yourself. A sense of adventure will take you a long way.

♓ Pisces
Feb. 20 - March 20
Someone in a position of authority will praise you for a job well done and your confidence will go through the roof. But don't get sloppy. The reason you did such a good job was because you planned and worked hard. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



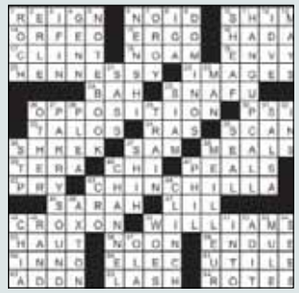
Across

1. Supreme god of Greek myth
5. Actress Cameron
9. Snail's trail
14. Once
15. "Why, __ __ honoured!"
16. Hermit
17. "Canada AM" viewing time
19. Hockey game instrument
20. Harsh
21. City on Lake Ontario between Hamilton and Toronto
23. Dadaist Jean
24. Top notcher
27. Simplicity
28. Winter shoveller's side-of-driveway creation
30. Obi-__ Kenobi
33. Diminutive data
36. CD part, variantly
37. Q. "__ '__' a U2 song?" A. "Yes."
39. Regina-born actor Leslie
41. It's helpful in making a comparison
43. Military trainee
44. 19th-century Danish composer, Niels __
46. Prefix meaning 'Thought'
47. 'Verb' suffix (Wordy)
48. Not a good fit
51. Uncommon, in Latin
53. Writer Roald Dahl's gol emperor)
22. Mattel guy
25. Encrypt
26. "Dallas" family, The __
28. Exclusive
29. Evangeline's home
31. Ms. Jolie, to pals
32. Single-named singer with a hyphen in his name
33. Sudbury landmark, __ Superstack
34. Ms. Vardalos, and others
35. __-funded agency
38. Dropped in standings
40. Primitive fish
42. Belgium neighbour, for short
45. Michael Ferguson, __ General of Canada
49. "Uh-uh."
50. She, in Sherbrooke
52. "West Side Story" (1961) character
54. Manly
55. Help
56. "When a Man Loves a Woman" by __ Sledge
57. Meat-in-a-can
58. Greeting in Granada!
59. "Be that __ __ may..."
61. Engrave
64. Ms. McClanahan
65. 'Legal' suffix (Lawyer-speak)
54. Directions provider
57. China's biggest city
60. Depart
62. "Rolie __ Olie"
63. Toronto transport
66. For __ __ see (Open for the public)
67. Promissory notes
68. Stylish
69. Ancient civilization of Central America
70. Family __
71. Sacred

Down

1. Z as in __
2. Mistake
3. Consume completely: 2 wds.
4. Pre-wedding event
5. "Who cares?" = "What's the __?"
6. Ms. Lupino
7. Does sponge work
8. Catherine __-Jones
9. European country where Bratislava is the capital
10. Loughlin and Singer
11. Artsy area of Calgary
12. Lunch, for example
13. Coastal bird [var. sp.]
18. Genghis __ (Mon-

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1	4	7		6	8	2	
3	8						6	4
		9	3		1	5		
	7			4			3	
		2	5		8	9		
8	6						1	3
	9	3	8		2	7	5	

Yesterday's Sudoku

3	4	8	6	1	7	9	2	5
5	6	1	4	9	2	7	3	8
7	9	2	3	8	5	6	1	4
8	3	5	7	6	9	2	4	1
6	2	4	8	5	1	3	9	7
9	1	7	2	4	3	8	5	6
2	7	6	1	3	4	5	8	9
4	5	3	9	7	8	1	6	2
1	8	9	5	2	6	4	7	3

Weather

TODAY	FRIDAY	SATURDAY
MAX: -20° MIN: -22°	MAX: -24° MIN: -25°	MAX: -10° MIN: -19°

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